Kerala

God’s Own Yoga Retreat

Travel TAGs

Yoga & Wellness| Backwaters & Cruises | Tea Plantations | Culture & Heritage

Overview

- **03 Nights in Ezhupunna**
- **03 Nights in Munnar**
- **02 Nights in Kumarakom**
- **05 Nights in Kovalam**





TOUR ITINERARY

Day 1 Cochin Airport– Kondai Lip (55 Km / 2 Hrs)



Arrive at Cochin airport, meet and assistance by our representative, followed by a transfer to your Hotel **Kondai Lip** and Check in.
By Evening gather at the Yoga Platform surrounded by the backwaters where your yoga teacher will give an introduction to Yoga Practices. Here, Yoga is not just a book or a set of exercises but a living science that will open up to you gradually as you experience stronger and more fulfilling. Dinner and Overnight stay at the hotel.

Day 2 Kondai Lip – Old Kochi – Kondai (20kms L 45 Minutes One Way)





Start your day with a morning **yoga session** and a healthy breakfast later at the hotel. Proceed to **OLD KOCHI** and experience Full day **Ethnic tour** – arrive **Mattanchery** and Continue through the small streets and **Fruit market** on Palace Road where locals get a variety of fresh and organic produces at bargains prices. Don't miss a stop at the **Spice Market**, where exotic Odors of the finest ginger, cloves, cardamom, turmeric and pepper emanate from the spice warehouses lining the street. Make a pause and have one "**meter tea"** at one of the tea stall. There is now an opportunity to interact with a **Brahmin Family**. The Brahmin are the highest of the four Hindu castes of priests and

scholars of Vedic literature, their traditional occupation is to conduct rites at marriages, births and other auspicious occasions. Learn how to make a **Kolam** – a graphical design which is supposed to bring prosperity to every house hold. Later experience **Mehndi arts -** This ritual holds plenty of cultural significance in Indian traditions and is one of the most important rituals during the wedding ceremonies. Visit the **Jewish Synagogue** at the heart of what is locally called the Jew Town, and finally stop at the **Dutch Palace** with its beautiful mural paintings from the 17th century. Drive on to **Fort Kochi**, after Lunch (on own) visit the famous **Chinese Fishing Nets** of Cochin. The huge cantilevered Chinese fishing nets that droop towards the waters like over-sized hammocks have become a hallmark that represents Fort Kochi on every postcard... Next visit is at the **St.Francis CSI Church**, the oldest European church in India built in 1503, where the Portuguese explorer Vasco de Gama was originally buried. Pass by the finest **Santa cruz Basilica**. Later in the evening**,** experience traditional dance drama **Kathakali** This dance form can be characterized by grotesque gesticulations, amazing costumes and very extensive make-up. The stories are mostly taken from the Indian Epics **Mahabharatha** and **Ramayana.** Dinner and Overnight stay at the hotel.

Day 3 Kondai Lip





This morning proceeds with your morning **yoga session** before your breakfast. Day free at the resort. Village walks, country canoe rides or a rejuvenating Ayurveda massage (payable locally) are the options available. Go for an **evening cruise** on motorized boat to **Andhakaranazhi**, a serene beach - one of the points along the coast is a confluence of **backwater** with the **Arabian Sea**. On the cruise you will go past narrow and broad stretches of backwaters with **fishing hamlets** on both sides, past **Chinese fishing nets-** their arms spread like giant mantises against the setting sun**.** The tour is also an opportunity to gain insight into the lives of the fishermen and their Lively hood. The boat returns to the resort just before dusk. Dinner and overnight stay at the hotel.

Day 4 Kondai Lip – Munnar (160 Kms/5hrs)

After Breakfast. Drive to **Munnar** – India's largest tea-growing region. Passing by the rolling hills and sculpted tea gardens drive through the picturesque countryside of Munnar, a popular getaway retreat. Surrounded by lush green tea estates, this picturesque hill station boosts of exotic flora and fauna. On the way stop at **The Cheeyappara waterfalls,** On arrival check-in to your resort – **Blackberry Hills Retreat and Spa.** Nestled against the backdrop of **Western Ghats** in Munnar, every charming little cottage in this country hotel offers magnificent views. You cannot get any closer to Nature. Enjoy an evening **Yoga** session. Dinner and overnight stay at the hotel.

Day 5 Munnar




Breakfast at the hotel and an Early start. Proceed to the trek point. Go on a Soft trekking passing through the rolling hills and sculpted Tea gardens of Munnar. Gradual **trek and hike** through the tea plantations. you get to see the tea Pluckers (not working on Mondays). View from top of the hill is spectacular. Trek duration is around 3-4 hrs. (medium pace) Savour the Picnic hamper. Visit a **Tea Factory** enroute and on the way back enjoy **Tea tasting** at a Café downtown. Back to the Hotel. Enjoy and evening session of **Yoga** at the hotel. Dinner and overnight stay.

Day 6 Munnar

Yoga session in the Morning. After Breakfast go on a stroll through Munnar. Visit **Mattupetty Dam** -a storage concrete gravity dam; the most attractive part is its still water which reflects the tea garden around, stop at **Echo Point** - quite & captivating. This picturesque destination is situated right in the lap of a quaint lake and lush green mountains; continue to **Kundla Lake** and also visit Tea Museum (Pptional), which explains the history of Tea in Munnar - a good opportunity to get authentic tea dust and related products. Back to Hotel**.** In the evening witness **Kalaripayattu -** a ferocious martial art form of Kerala. Dinner and Overnight at the hotel.



Day 7 Munnar – Kumarakom (160 Km / 4 ½ hrs)




After an early morning **yoga** session and a healthy breakfast, check-out and drive to drive to **Kumarakom**. The village slumbers on the banks of the famous **Vembanad Lake**, with its majestic canals, streams and distributaries along its banks, weave an intricate and enchantingly beautiful web. The attached bird sanctuary is an ornithologist's paradise and a favourite haunt of migratory birds. On arrival check-in at your hotel **Niraamaya Backwater Resort**, Rest of the afternoon free amidst coconut groves and views of the backwaters. There is opportunity to indulge in a rejuvenating Ayurvedic massage (Payable Locally). Dinner and Overnight stay.

Day 8 Kumarakom – Alleppy – Kumarakom (45 kms l 1 hr – one way)




This morning proceeds with your morning **yoga session.** Breakfast at the hotel. By Midday drive to Alleppy and embark on an enchanting cruise through the backwaters by your **Private House boat** - The best way to glimpse village life and the scenery along the lush lined backwaters of Kerala. These boats nick named as Rice boats used to carry Rice from one place to another when the water ways were the main mode of transport– today they are converted into comfortable floating accommodation Enjoy a sumptuous Kerala Lunch on Board. Cruise further, disembark after Tea and snacks, served on board. Drive Back to Hotel. Dinner and Overnight stay.

Day 9 Kumarakom - Kovalam (190 kms l 5 hrs)




Wake up to the tunes of birds. morning **yoga session** and breakfast at the hotel., later check out and drive down south to the golden shores of Kovalam, Kerala's most famous beach destination. The journey takes you through a changing landscape of villages, rice paddies, and coastal scenery before reaching the Arabian Sea. One of the World Renowned Beaches, Kovalam shot into limelight in the early seventies with arrivals of the masses of hippies on their way to Ceylon in the Hippie Trail. This exodus started the transformation of a casual fishing village of Kerala into one of the best beach resorts in India. Arrive, Transfer to **Manaltheeram Ayurveda Beach Resort**. Dinner and Overnight stay.

Day 10 Kovalam



After **Yoga** and Breakfast at the hotel, Meet with your Ayurveda doctor for an introduction of the science of Life and the Ayurveda treatments. One may also book for massages and plan for Ayurveda Treatments as per convenience. Later proceed for a city tour of Trivandrum (Thiruvananthapuram) – the capital of Kerala- with an English-Speaking Guide.

Begin with a visit to the magnificent Padmanabhaswamy Temple, the richest in the world and one of the most revered temples in India, dedicated to Lord Vishnu. Its towering gopuram (gateway) and intricate Dravidian-style architecture are awe-inspiring. (Note: Entry is restricted to Hindus, but all visitors can admire the temple's impressive exterior.)

Continue to the Napier Museum, a 19th-century Indo-Saracenic masterpiece housing a rare collection of bronze idols, ancient ornaments, ivory carvings, and traditional Kerala artwork. Nearby, the Sri Chitra Art Gallery (Optional) features an excellent collection of Raja Ravi Varma's paintings alongside works from Mughal, Tanjore, and Asian schools of art.

Back to Hotel. Rest of the day free for independent activities, Ayurveda treatments. Dinner and overnight stay.

Day 11 - Day 13 Kovalam

Enjoy **Daily Yoga sessions** in the hotel premises – Gardens, lawn and the beach as planned by the Yoga Teacher.

Undertake **ayurveda treatments** as prescribed by the Ayurveda Physician at the hotel.

Explore the **Light house** and **Samudra beaches** and **Vizhinjam Harbour** (Optional) as organised by the Yoga Master.

Daily Dinner and Breakfast at the Hotel





Day 14 Departure Trivandrum

Time to say good bye. After your breakfast and check-out transfer to the Trivandrum International airport to connect your flight back home.

Hotel Envisaged:

PLACE	NO. OF NIGHTS	PREMIUM HOTELS
EZHUPUNNA	3	Kondai Lip or similar
MUNNAR	3	Blackberry hill Retreat and Spa or similar
KUMARAKOM	2	Niraamaya Backwater Retreat or similar
KOVALAM	5	Manaltheeram Ayurveda Beach Resort or similar

Tour Package Includes:

- Accommodation on twin sharing basis at all hotels mentioned or similar
- Dinner and Breakfast at all places
- Daily Yoga sessions
- Services of an accompanying Yoga Teacher
- Ticket for the Kathakali Dance show in Fort Kochi
- Tickets for Kalarippayattu in Munnar
- Guided Trekking, Tea factory visit and Tea tasting in Munnar
- Backwater cruise with Lunch by a private Houseboat
- Guided Tour of Trivandrum
- Transportation as per itinerary by chauffeur driven air-conditioned vehicle
- Entrance charges at the monuments as covered in the Itinerary
- Assistance on arrival and departure
- All currently applicable taxes

Tour Package Does Not Include:

- Camera fees & activity charges other than those listed in the itinerary inclusions
- Expenses of personal nature such as porterage, laundry, telephones, tipping etc.
- International/Domestic flight charges and Visa/Insurance charges, if any
- Any other items not covered under inclusions

Important Remarks:

- Rates are per person, in double accommodation in **British Pounds (GPB)**.
- Prices valid for the dates detailed above, except on Special seasons and dates. Check with us.
- Ask us for other dates, additional nights or extensions.
- No reservations have been placed. Hotels may vary according to availability.
- All prices are subject to change without previous notice.
- For other travel dates or itinerary variants, contact us.
- Exploratours reserves the right to confirm similar hotels, prior coordination with the client, in case any of the above indicated options are not available.