

MIND, BODY & SOUL

India is famous for its ancient and traditional healing techniques, such as Yoga and Ayurveda. Originating in India almost 5000 years ago, Ayurveda literally means “the knowledge of life” and involves natural herbal treatments, traditional medicines, massage and yoga to achieve harmony between mind, body and spirit. The beautiful State of Kerala in South India is the home of Ayurveda and it is practised here in its purest form.

Further north, the Himalayan foothills and the upper banks of the holy Ganges provide the perfect setting to practise the ancient art of Yogic Meditation.

The town of Rishikesh, with its ashrams and saffron-clad sadhus, is the spiritual centre for Yogic Meditation.



© GITO

Ayurveda Treatment

KERALA AYURVEDA

5 days/4 nights
Departs daily

ex Thiruvananthapuram airport

Price per person twin* ^A	Cat A	Cat B	Cat C
01 Oct-19 Dec 2010	\$1402	\$1137	\$858
04 Jan-10 Jan 2011	\$1890	\$1137	\$858
11 Jan-31 Mar 2011	\$1402	\$1137	\$858
01 Apr-30 Sep 2011	\$1026	\$1137	\$858

*Minimum two people. Single travellers prices on request.

^APrices outside these date ranges on request.

Additional nights can be arranged on request.

Price per person includes: Transfers by standard air-conditioned private vehicle with English speaking driver, 4 nights accommodation inclusive of taxes on a full board basis (vegetarian meals only).

Price excludes: Treatments (Cat A & B), Doctor's consultation.

The lush green south-western state of Kerala is home to a number of top-class Ayurvedic Resorts. Pamper yourself and incorporate a visit to one of these relaxing retreats in your travel plans.

Day 1 Arrive Kerala

Transfer from Thiruvananthapuram airport by road to your resort. LD

There are 3 resorts for you to choose from:-

Cat A: Surya Samudra - Garden Cottage
Within easy access of the airport, Surya Samudra is located only metres from a tropical beach. It features 21 luxurious wooden cottages situated on a steep hillside surrounded by coconut plantations, each with private terrace and ensuite.

Cat B: Somatheeram - Kerala House Standard Set amidst 15 acres of lush greenery with ocean views, Somatheeram features well appointed, traditionally styled bungalows built with stone and wood with antique carved doors and pillars.

Cat C: Estuary Island Resort - Estuary View
Just 33 kms from the airport and accessible by road and boat is Estuary Island Resort. Each of the 46 rooms and suites are furnished in contemporary style and have ensuite bathrooms. Hotel facilities include an Ayurvedic spa, pool and health club.

Days 2-4 Ayurveda

During your stay, relax or indulge in the many Ayurvedic treatments that are available at the resort (additional cost and payable locally*). BLD

*2 complimentary Ayurvedic Treatments per person included in price (Cat C only).

Day 5 Tour ends

After breakfast, transfer to airport. Tour ends B



© Eastbound

Sadhu at Rishikesh



© Ananda Resort

Thai massage at Ananda Resort

YOGIC MEDITATION

5 days/4 nights

Yoga & Wellness Activities
Departs daily ex Delhi

Price per person twin*	Dlx Valley View	Dlx Palace View
16 Oct 2010-30 Apr 2011 ^A	\$3037	\$2588
01 May-15 Oct 2011	\$2783	\$2511

*Minimum two people. Single travellers prices on request.

^ASurcharge for Xmas/New Year will vary from hotel to hotel and will not be known until hotel is booked. Details on request.

Prices based on use of superior transport.

Price per person includes: Transfers to and from train stations in Delhi and Haridwar in superior A/C private vehicle, train fare Delhi/Haridwar (return) in an A/C chair car, accommodation inclusive of taxes on full board basis, scheduled Yoga or Meditation classes, scheduled hiking trip, use of pool, gym and wet spa areas including Sauna, Steam Bath and Jacuzzi.

Price excludes: Treatments, Doctor's consultation.

Rejuvenate your energies with yoga and meditation at the world-class Ananda Resort. Once the residence of the Maharaja of Tehri-Garhwal, the resort is now dedicated to integrating the traditional Indian Systems of Yoga & Ayurveda with the contemporary western spa approach. Ananda has been voted the world's number one spa destination by lifestyle and travel publications like Condé Nast Traveler.

Day 1 Ananda Resort

Transfer to Delhi railway station for train to Haridwar. Arrival transfer by road to Rishikesh (40 min) and check in to the resort. LD

Days 2-4 Ananda Resort

Enjoy morning yoga and meditation sessions and participate in the many varied activities and treatments on offer at the resort. On one evening drive to Rishikesh to witness the divine “Aarti” ceremony at a local ashram. BLD

Day 5 Tour ends Delhi

Morning at leisure before your late afternoon transfer by road to Haridwar to board your train for Delhi. Assistance on arrival and transfer to your hotel/airport. Tour ends. BL



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