

AN OUTLOOK ON THE SOUL OF INDIA

YOGA RETREAT IN KERALA



YOGA RETREAT

27th DECEMBER 2022
2nd JANUARY 2023

- Meet the spirit of the place by practicing yoga on a terrace overlooking the ocean.
- Reclaim your natural rhythms by harmonizing immersed in magnificent and lavish nature.
- Breathe in the sacredness of India by reflecting in the waters of pristine wilderness.



Programme

More than a yoga seminar, this is intended to be a true and proper retreat within one of India's most evocative settings.

Capturing the spirit of the place means, first and foremost, learning to "be." To be in the place, but also to be with and within oneself. And to set oneself up to be ready to observe. To fully appreciate the magnificence of nature's manifestation and the beauty of its people.

Through a light but profound practice, it will be possible to sharpen one's senses to open oneself to careful and concentrated observation. Observing with the presence of a body open right to its cells and a calm mind that is capable of paying attention to details.

Each day will be devoted to a different system, from the densest to the subtlest. Once the proper conditions have been set you'll be more self conscious and feel yourself part of the Universe.

The yoga and meditation practice will take place on the terrace overlooking the ocean for two hours in the morning and one hour at sunset.

Accommodation

The retreat will be taking place at a typical resort organized according to local customs.

The resort, run by an Italian lady, is surrounded by greenery and offers a variety of accommodation arrangements, each of which has a bathroom, mosquito nets on the windows, a ceiling fan and a veranda. The absence of air conditioning in the available rooms is deliberate, as the finest ventilation is provided naturally by the palm trees and the sea breeze.



Rooms available:

- 4 double rooms inside a typical cottage
- 2 double rooms inside a cottage
- 1 double room inside the cottage facing the sea.



Varkala is an internationally renowned resort with Three adjacent crescent-shaped beaches make up the resort city of Varkala, which enjoys international acclaim. A large rocky promontory, towering over the beach, has carved out a stunning bay with calm and serene waters.

During free time guests can indulge in:

- beach life, sea, sun and swimming
- body care, massage and ayurvedic treatments
- visiting the surroundings and interacting with the local people
- excursions in nature
- visiting historical and cultural sites.



Costs and how to register

Yoga and meditation classes > 250 euros

Double room with bathroom, mosquito nets on windows, ceiling fan and veranda > from 20, 30 or 40 euros per day, depending on the features of the housing solution;

Taxi transfer from Trivandrum to Varkala and vice versa (about an hour's drive) > 25 euro;

Travel by taxi from Cochin to Varkala and vice versa (approximately four hours travel time) > 65 euros;

Three vegetarian meals within the resort (organic and fresh produce) > 10 euros;

the choice of a seafood menu (assortment and cost based on daily availability);

Booking a return flight to Cochin or Trivandrum is recommended.

Airlines offering affordable flights are: Gulf Air, Emirates, Etihad, Oman Air.



To make the registration effective, a deposit of 30 percent of the selected room plus 75 euros on the seminar fee must be paid **by October 30, 2022.**

INFO

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