

# YOGA AND AYURVEDA IN KERALA

Featuring - Kerala, Kochi, KOVALAM, Kumarakom, Munnar, Periyar, Thekkady

DURATION	GROUP SIZE	AIRPORT	PRICE STARTING FROM
10 Nights / 11 Days	22 People	New York (JFK/EWR)	Twin Occupancy Price Per person - \$3,599.00 Single Supplement Price Per Person - \$1,599.00

## OVERVIEW

Embark on an immersive wellness journey through Kerala — a curated experience designed to calm the body and uplift the spirit. Beginning in the coastal town of Kochi, this itinerary flows gently through the misty hills of Munnar, the spice-scented forests of Thekkady, the soothing backwaters of Kumarakom, and the sun-kissed shores of Kovalam. Along the way, enjoy guided yoga sessions, personalized Ayurvedic treatments, cultural performances, serene boat rides, and optional activities like forest trekking, martial arts workshops, and culinary explorations. With plenty of rest built into the schedule, this retreat is ideal for wellness seekers, first-time visitors to India, or anyone looking to travel meaningfully and mindfully.

## DEPARTURE

Start Date	End Date	Departure Gateway	Price Per Person
26 Jan, 2026	05 Feb, 2026	New York (JFK/EWR)	\$3599



## INCLUSIONS

- ◆ 06 Night's accommodation in TWN/DBL sharing basis at listed hotels or similar
- ◆ Daily breakfasts
- ◆ Arrival and Departure Airport Transfers
- ◆ English-speaking guide for all sightseeing as per itinerary
- ◆ All transfers and sightseeing as per the itinerary
- ◆ **International return airfare ex-New York (Please check with us for pricing from other cities)**
- ◆ All taxes and surcharges
- ◆ All local applicable taxes

## EXCLUSIONS

- ◆ All other meals
- ◆ All other sightseeing or services
- ◆ Gratuities for meals, tourist guides, drivers
- ◆ Visa fee
- ◆ Travel Insurance
- ◆ Personal expenses such as alcoholic and other beverages, telephone calls, and laundry

# ITINERARY

---

## DAY 1 Depart USA/CANADA

Prepare yourself! You are leaving today for Kochi to start your unbelievable Best of Kerala South India Journey.

## DAY 2 ARRIVAL KOCHI

Welcome to Kerala! After you arrive at Cochin International Airport, you'll be transferred to your hotel in the historic city of Kochi. The rest of the day is yours to relax after the flight. Depending on your energy levels, you may choose to enjoy a peaceful evening stroll along Fort Kochi's waterfront where the Chinese Fishing Nets sway in the sea breeze, or unwind at the hotel with a light **(Optional dinner)**.

Overnight in Kochi

## DAY 3 KOCHI TO MUNNAR - (Approx. 4-5 hours By Road) [B/-/]

After a nourishing breakfast, you'll travel to Munnar, the picturesque hill station nestled in Kerala's Western Ghats. The drive is scenic, passing by waterfalls and lush green tea estates. You can take breaks along the way to stretch, enjoy the fresh mountain air, and visit small spice or tea stalls. Once in Munnar, check into a resort that offers evening yoga or herbal steam sessions. Spend the evening unwinding amidst nature or sipping herbal tea with views of rolling tea gardens.

Overnight in Munnar

## DAY 4 EXPLORING MUNNAR WITH TEA & TRANQUILITY [B/-/]

Your morning begins with a gentle **yoga session** at the resort followed by a healthy breakfast. Today, you'll explore the natural beauty of Munnar, starting with a visit to Eravikulam National Park, home to the rare Nilgiri Tahr. Afterwards, you'll visit the Tea Museum and enjoy a serene walk around Mattupetty Dam and Echo Point. Return in the afternoon for an **(optional Ayurvedic massage)** session or quiet time for journaling or meditation in the garden.

Overnight in Munnar

## DAY 5 MUNNAR - THEKKADY (INTO THE SPICE HILLS) [B/-/]

After breakfast and perhaps a short yoga session, you'll head to Thekkady, a journey of around four hours through cardamom forests and winding hill roads. On arrival, check into an eco-lodge or Ayurvedic retreat surrounded by lush greenery. The afternoon includes a visit to a nearby spice plantation, where you'll learn about the healing properties of Indian spices. In the evening, enjoy a traditional Kathakali or Kalaripayattu martial arts performance before retreating to a quiet **(dinner - Optional)**.

Overnight in Thekkady

## DAY 6 THEKKADY (AYURVEDA & NATURE) [B/-/]

This day is all about recharging. Begin with **sunrise yoga** overlooking the forests, followed by a light Ayurvedic breakfast. You may opt for a nature walk or a boat ride on Periyar Lake in the morning. Later in the day, indulge in a personalized **Ayurvedic treatment session** — such as Abhyanga (therapeutic oil massage), Shirodhara (oil stream therapy), or herbal steam therapy — as recommended by the in-house doctor. The day ends with guided meditation or a reading session in your serene resort.

Overnight in Thekkady

## DAY 7 THEKKADY TO KUMARAKOM (BACKWATERS AND SERENITY) [B/-/]

After a peaceful start to your morning and a healthy breakfast, you'll set off on a 4-hour drive to Kumarakom, a village known for its calming backwaters and bird sanctuary. Once there, check into a lakeside Ayurvedic resort known for its wellness programs. Spend your evening on a tranquil canoe ride or in a hammock with a book. Many resorts here offer **twilight yoga** by the water or sound meditation sessions.

Overnight in Kumarakom

## DAY 8 KUMARAKOM (FULL DAY OF WELLNESS) [B/-/-]

In the morning after breakfast, today is yours to indulge in a full day of rejuvenation. Begin with a long **yoga session** at sunrise, followed by an Ayurvedic consultation. Your meals will be tailored to your dosha (body constitution), and you'll enjoy treatments such as Udvartana (herbal body scrub) or Pizhichil (oil therapy). You can also explore the Kumarakom Bird Sanctuary if you're feeling active, or just relax by the water. This is an ideal day for a digital detox and inner reset.

Overnight in Kumarakom

## DAY 9 KUMARAKOM TO KOVALAM (TO THE HEALING COAST) [B/-/-]

After a slow breakfast and perhaps one last yoga session by the lagoon, you'll journey toward Kovalam — Kerala's famed beach and wellness destination. The 4.5 to 5-hour drive leads you to the shores of the Arabian Sea. On arrival, settle into an Ayurvedic beachfront resort. You can take a short walk along the sand, enjoy a fresh coconut, or book an evening reflexology or head massage session.

Overnight in Kovalam

## DAY 10 KOVALAM - THE BEACH AND THE BODY [B/-/-]

Your final full day is designed to bring everything together. You'll begin with a sunrise **yoga class** on the beach followed by **Ayurvedic breakfast**. Spend your day with **(Optional spa treatments)**, Ayurvedic cooking classes, or just swimming and relaxing. If you wish, you can take a short visit to Trivandrum to see the Padmanabhaswamy Temple and Napier Museum, but it's also completely fine to simply rest and let the healing ocean air work its magic.

Overnight in Kovalam

## DAY 11 KOVALAM - KOCHI DEPARTURE [B/-/-]

Today marks the end of your Kerala wellness escape. After an early breakfast, you'll begin your return journey to Kochi Airport, which may take 6–7 hours by car. Depart with a calm mind, a refreshed body, and a journal full of memories.

# Payment Policy & Insurance

---

**Deposit: US\$ 300 per person [Non-refundable / Non-transferrable]**

50% Deposit: 140 Days prior departure

Full Balance: 90 Days prior to departure

(Once the deposit is paid, the travelers can then pay any amount on any date. Travelers to ensure that the payment deadlines are met as above)

## Insurance Policy

---

## Cancellation Policy

---

- ◆ From the date of booking to 145 days before departure: \$300 per person Non-Refundable / Non-transferrable Deposit + interruption insurance cost (if purchased)
- ◆ 144-120 days before departure: 50% of the cost per person
- ◆ 119- 60 days before departure: 80% of the cost per person
- ◆ 59 days or fewer before departure: **No refund is available.**

### Note:

A person becoming single because of the roommate's cancellation must pay the single supplement

All payment cut-off dates are firm, and missing deadlines without approved extensions will result in cancellations without refunds being offered.

### PLEASE NOTE

Voyages Hub reserves the right to levy a surcharge commensurate to the fuel increase at the time of operation of this movement.



For More Information Visit  
[www.voyageshub.com](http://www.voyageshub.com)



21087, 79 A Ave, Langley, BC,  
Canada V2Y 0H6

Please call us on  
Toll-Free: +1 888-969-2596  
Email - [info@voyageshub.com](mailto:info@voyageshub.com)

2025 | All rights reserved  
- Voyages Hub  
Licence Number# 79895