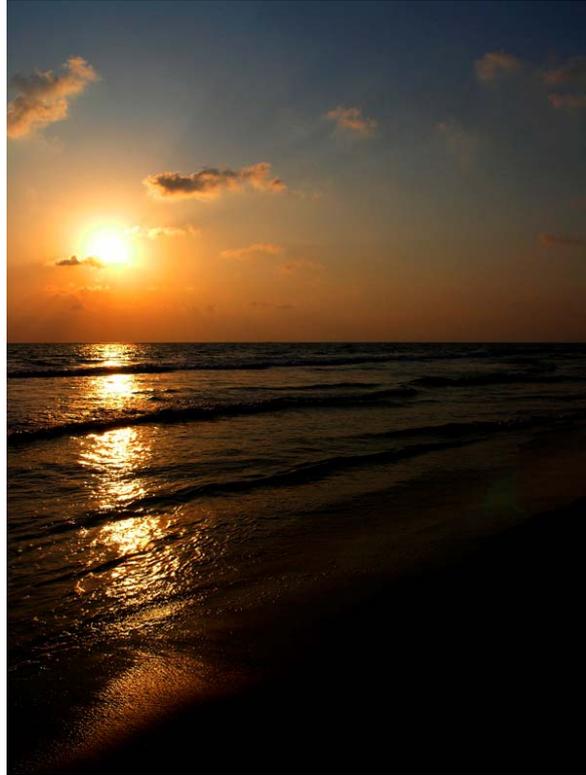


# Kerala Holiday Retreat



Escape the winter blues with an unforgettable retreat designed to revive, rejuvenate and re-discover your sparkle.

Set in Kerala, one of the most beautiful parts of India, this wonderful holistic retreat blends yoga, ayurvedic treatments and massages, meditation and personal development to provide you with the ultimate India experience.

Join other like-minded souls amidst the swaying palm trees as you watch the beautiful golden sunset melt lazily into the ocean.

With daily yoga sessions and our small group sizes you'll soon get back in touch with your body and feel full of energy and vibrantly alive again. The ayurvedic treatments available can either resolve current physical problems or just allow you to melt even further into your sun lounger\*.



Also on offer are powerful personal development sessions and individual coaching sessions. Which all add up to a unique and memorable holiday.

We use our in depth knowledge of the area to show you the wonders of Kerala; from leisurely houseboat trips along the beautiful backwaters to exploring the ancient temples or spotting wild elephants in Periyar National Park, this region has something for everyone.

Join us this January and February beside the beautiful swimming pool\*, your body soothed from ayurvedic massage and flowing yoga, you'll soon slip into simply being.

\*Sun loungers only at Heart Venue

## What Happens

We send a driver to pick you up from the airport and escort you through luscious scenery to the resort, approximately 1.5 hrs away. On arrival day, we leave you to settle in and unwind after your flight, although we make sure you're fully aware of all the amenities and facilities.

The following day we have an easy start to the schedule, with some relaxing and re-energizing yoga to begin to wake up your body and senses. We have yoga in the mornings and evenings. During the day you can relax by the pool, have a massage, head for the beach or visit some of the beautiful and fascinating sights of the area. Many wonderful excursions are also included free of charge. A typical schedule is as follows:

|             |  |
|-------------|--|
| 8.00-9.45am | Yoga   |
| 9.45-4.00pm | Free time, Excursions & Ayurvedic treatments |
| 4.00-5.45pm | Yoga   |
| 6.15-7.15pm | Meditation                                   |

The retreats last between 7-9 days but people also often book a few extra days accommodation to simply relax, unwind & soak up the goodness.



**Our yoga** is designed for the beginner or intermediate, and our teachers are trained in a variety of styles including Iyengar, Vinyasa, Anusara and Satyananda. We believe in small classes so you get individual attention, and get to understand and feel each posture, and so really accelerate your yoga practice. Our teachers are very hands on and will adjust you to allow you to experience the perfect posture that leaves you sighing in yogic bliss.

The climate, beauty & relaxation and daily yoga practice combine to rapidly unwind your body to its naturally dynamic and alive state to bring back that 'zing!' Enjoying Yoga in its birthplace and outdoors, shaded by graceful palm trees, is also an experience not to be missed!

**Ayurveda** is an ancient practice from India to create health and harmony in the body. According to Ayurveda, most people are born in a perfect state of balance but quickly lose it, either through bad diet, bad experiences or moving away from the things and places best suited to their natural constitution and temperament.

Ayurveda offers a way to discover the optimum conditions to keep oneself on a healthy path. It uses a variety of natural techniques, from detoxification, diet and herbal prescriptions, to yoga, meditation and massage therapy. All are personalised to suit the individual's dosha.



After your consultation with a highly qualified Ayurvedic doctor, you'll get your individualised treatment plan, which will include a series of rejuvenation massages and other treatments lasting up to five days. You can choose how and when to take your massages and other treatments to fit in with your day.

You get a free session as part of the holiday, and you can either choose to pre-book a 3 day package to your holiday or simply decide when you get there. Pre-booking gives you priority use of this very popular onsite ayurvedic centre, at our discounted rates. We have found that a 3 day package is an excellent introduction to Ayurveda, whilst still leaving you plenty of free time for enjoying the beautiful surroundings. You can of course book more!

Also available are powerful **personal development** sessions designed to discover a vibrant sense of clarity and purpose. Get a happier, healthier way of thinking as well as a healthier body! There will be at least one workshop included, as well as plenty of informal chats and the opportunity to book massively reduced formal private sessions.



We have been **visiting** this area for over 14 years now, and know it very well. We'll use that knowledge to introduce you to many of its delights with all the benefits of that experience. Included in this wonderful break will be an unforgettable trip on a beautiful houseboat on the world famous backwaters of Kerala as well as visits to fabulous temple festival extravaganzas, the blissful Narayana Shiva Giri Ashram (or a classic Indian train journey to a nearby town for a fabric extravaganza) and a visit to the very special 2000 year old Janardhana temple.

We often encounter elephants and offer them some of their favourite treats. We'll visit the Golden Temple island, the local fish market, a coconut rope making village, the bustling local town, the remote northern beaches and other impromptu adventures! You have two full days off (one of which is the day you arrive) in which you can go on longer excursions such as the backwater trip, or simply decide to lazily

soak up the ambience of the gorgeous location. And remember, everything's optional, so you do as much or as little as you please. Booked individually these trips would cost more than £140, but they're included free as part of your holiday, and are much more enjoyable as part of a group.

## The Venue

The surroundings are lush & peaceful, and you'll find that time just melts away, so as you enjoy fresh coconuts and delicious food beside the beautiful swimming pool\*, your body soothed from ayurvedic massage and flowing yoga, you'll soon slip into simply being.

The Heart venue is very tranquil, beautiful, and just minutes from the beach, and it's always fully booked. We book at least a year in advance to reserve it especially for your visit. Each selected room has its own balcony and outdoor seating.





The peaceful yoga and meditation space is surrounded by palm trees full of the native fauna. The pool is divine and many an hour is spent there under the palm trees, allowing all those stresses to simply dissolve away. It is one of the very few pools in the area, and we think it's the best. The accommodation ranges from simple en-suite rooms to gorgeous air con poolside cottages. There is very limited availability for cottages and they must be booked in advance.

The cottages are available for an added supplement - from as little as £325 per cottage. Please ask for details.

The staff are lovely & friendly and facilities include room and maid service, a laundry service, money exchange, safety deposit boxes and telephone and internet access.

The venue has its own yummy restaurant too - and with room or poolside service - you'll never want to leave!



There are oodles of other delicious restaurants to choose from and we'll help introduce you to the tastiest and most interesting ones. The food here is incredible value - with fresh fish a speciality - you'll be hard pressed spending more than £10 a day.

Oh, and did we mention all the shopping opportunities too? Bring an empty suitcase!

We now also have our Serene venue for a more isolated, away from it all location. Set amidst the palm trees and backing upon a paddy field, the quiet beach is just metres away. A natural paradise. Unlike our Heart venue, there is not much choice of restaurants or shopping, but these can be easily reached by jumping on a tuk tuk (or via a lovely 20 minute walk along the beach).

## Who Comes?

Anyone who wants to experience the magic and excitement of India, whilst also enjoying rejuvenating yoga, meditation and ayurvedic massages and treatments. If you want to come to an extremely beautiful part of the world, full of culture and theatre and also develop your mind and body, we'd love to show you everything the area has to offer. There is structure and good company should you want it, but equally you can do your own thing.

If you love sunshine, it's a great opportunity to top up, while everyone at home shivers! And as it's a beach location, there's always a cool breeze should you need it, as well as the sea or swimming pool just waiting for you to slip into. It's perfect for de-stressing, re-charging and renewing. For many of our participants it allows them to come back with a clear and refreshing frame of mind and vibrancy in their body and soul.



Our participants come from all walks of life and from all age ranges. Many come on their own and are looking for some relaxation and effective personal development in a safe yet fun environment.



For many this is their first experience of this kind of holiday. People often make really good friends and continue to stay in touch long afterwards.

So, if you want a holiday with like minded people in a fascinating part of the world whilst also making a big difference to your life and well being, then this holiday retreat is for you.

*"I still can't believe what a life changing experience Kerala was to me - to have found Shining Minds out of all those millions of retreats was meant to be and I am so lucky."*  
- Mary, Artist & Mother

### Dates and Prices

21<sup>st</sup> January – 30<sup>th</sup> January 2018  
4<sup>th</sup> February – 13<sup>th</sup> February 2018  
22<sup>nd</sup> February – 1<sup>st</sup> March 2018  
24<sup>th</sup> February – 3<sup>rd</sup> March 2018  
3<sup>rd</sup> March – 10<sup>th</sup> March 2018

Shared twin en-suite from £505  
Private room en-suite from £625

A booking deposit of £200 is required to secure your place.



Accommodation, yoga, excursions and group personal development sessions are included in the price. Taxi transfers from Trivandrum airport are also included.

Ayurveda treatments are an optional extra:

3 day ayurveda package £45  
5 day ayurveda package £75

Cottage supplement (per cottage, not p/ person):

Non A/C cottage from £225  
A/C pool cottage from £250

Read about us in '50 Great Escapes'

*"Rarely have I encountered anyone who radiates such a unique mix of energy, passion and serenity as Sanjay. Whether you are seeking inspiration, peace, motivation or relaxation you can expect this holiday to provide it in abundance."*  
- Wendie, Sales Director

"Pure and utter bliss!"

"Unbelievably good value!"

*Our intention is that you'll leave after two weeks with a profound sense of change and be back in touch with your body and feel full of energy and vibrantly alive again. You'll have had a wonderful enriching experience with the location and your fellow participants and will be glowing with health, happiness and wellbeing.*