**KERALA INDIA RETREAT ITINERARY 2018**

**Day 1: Mon 26th March**

Arrivals: Airport transfer to Leela Kovalam Hotel Check in: 14:00pm **(2 night stay)**

**Inductions**: 4:30pm

**Dinner:** 6:30pm enjoy an evening meal and sunset at Kovalam beach. A chance to experience the local Keralan vegetarian cuisine on light house beach.

**Day 2: Tues 27th March**

Breakfast at the Leela

9:30am - Trip to the zoological garden’s

Lunch

Trip to temples

Return to the Leela for Swimming pool relaxing time

\*Dinner at leisure

**Day 3: Wed 28th March**

7am: – Morning Yoga with Stu

Breakfast at the Leela

\*Lunch at leisure

12:30: Transfer by bus to Poovar Island Resort

Check in: Poovar Estuary Island Resort **(1 night stay)**

7:30pm: Evening Meal

**Day 4: Thurs 29th March**

7:30am: Yoga with Stu

Breakfast

Pool, relax, free time

1pm: Transfer to Varkala (2hrs)

Check in: Akhil Resort Varkala **(7 Nights stay)**

\*Lunch at leisure

7:30pm Evening cliff top meal

**Day 5: Fri 30th March**

6:30am: Morning beach yoga with Stu.

**Breakfast**

\*Lunch at leisure

5pm: Afternoon Yoga – guest teacher (1hr 30mins)

8pm: Dinner

**Day 6: Sat 31st March**

Breakfast

**Day trip to Sivagiri Ashram** where you will experience Yoga & meditation and ashram life.

8am: Tuk Tuk transfer

\*Schedule: Arrival 8:30am

9:00-11:00 Yoga Course

11:00-12:00 Tour around Sivagiri Ashram (includes visiting Gurudeve Samadhi place)

12:00-13:30 Lunch (Guru Puja) typical vegetarian Ashram lunch & Break

13:30-15:00 Meditation & Philosophy Lecture

\*Dinner at leisure

**Day 7: Sunday 1st April**

6:30am Early morning Pooja on the beach(optional)

Breakfast at the Taj Gateway Hotel.

Trip to temple, travel by Tuk Tuk.

Lunch

5pm: Yoga – guest teacher (1hr 30mins)

\*Dinner at leisure

**Day 9: Mon 2nd April**

Breakfast

9:30am transfer to Kollam: For a day cruise through the stunning back waters on a traditional Keralan houseboat which includes traditional Keralan Lunch and late afternoon snacks.

House boat check out 4pm.

Transfer back to Varkala

\*Dinner at leisure

**Day 8: Tues 3rd April**

Breakfast

Free time for shopping/ relaxing or plan your own day trip

\*Lunch at leisure

5pm Yoga – guest teacher (1hr 30mins)

7:30pm Evening Meal

**Day 10: Wed 4th April**

6:30am: Yoga with Stu - Varkala beach

Breakfast

\*lunch at leisure

5pm Yoga – guest teacher (1hr 30mins)

7:30pm Evening Meal: Let’s celebrate, our final evening meal together as a group. xxxxx

**Day 11: Thurs 5th April**

Breakfast

Check out

At leisure \*Transfer back to airport

Please note as everyone is leaving Varkala at different times you will be responsible for your own transfer back to your chosen airport, or onward destination. Stu and I will help you with this and ensure you can share a taxi or transport to keep the cost to a minimum.