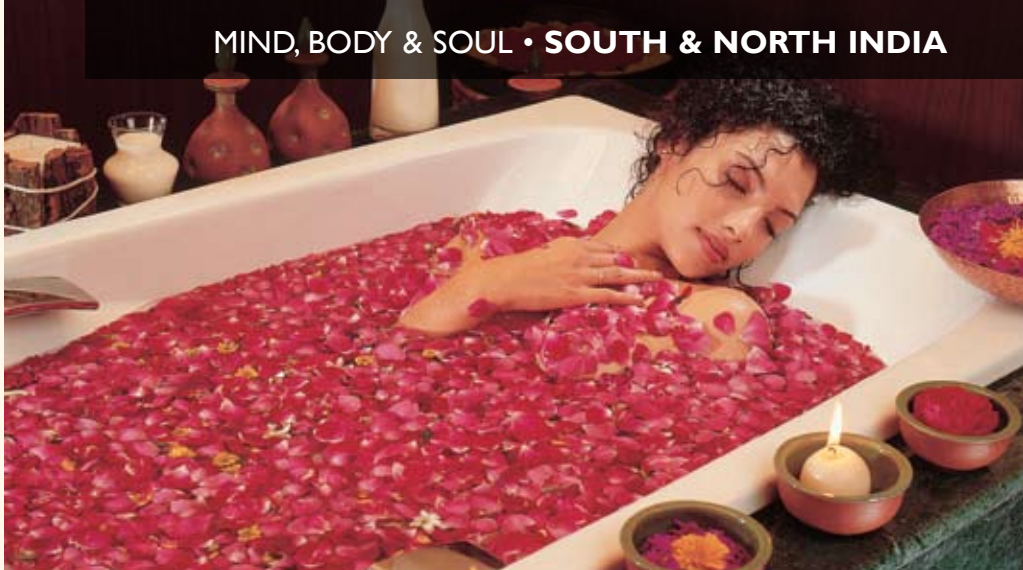


MIND, BODY & SOUL

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 practiced 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* [†]	Cat A	Cat B	Cat C
01 Oct-19 Dec 2011	\$1239	\$855	\$744
20 Dec-10 Jan 2012	\$1621	\$855	\$744
11 Jan-31 Mar 2012	\$1238	\$855	\$744
01 Apr-30 Sep 2012	\$872	\$855	\$744

*Minimum two people. Single travellers prices on request.

[†]Prices outside these date ranges on request. Additional nights can be arranged on request.

[‡]Surcharge for Xmas/New Year will vary from hotel to hotel and will not be known until hotel is booked. Details 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 by including one of these relaxing retreats in your itinerary.

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

Located only metres from a tropical beach Surya Samudra 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 Estuary Island Resort’s 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 2011-30 Apr 2012 [†]	\$2636	\$2224
01 May-30 Sep 2012	\$2385	\$2146

*Minimum two people. Single travellers prices on request.

[†]Surcharge for Xmas/New Year will vary from hotel to hotel and will not be known until hotel is booked. Details on request.

Price per person includes: Transfers to and from train stations in Delhi and Haridwar in private air-conditioned Innova 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 recognised as one of the world’s premier spa destinations by luxury 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



© Natural Focus Safaris