



Yoga Heals

Yoga, Meditation and Ayurveda retreat

Sept 18th to Sept 22nd, 2018

Akkara HomeStay & Ayurveda Center





Yoga Retreat For Everyone!

Take...a little break from your life. Find the trees, seek the flowers, breath in the smell of nature. Come....find your reflection in water, bathe in the light from the sky!

Give...yourself space from what you are and do every single day! And when you are ready, go back home and bless your life!

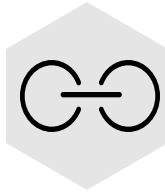


Retreat Highlights

Yoga Heals is themed on the 5 elements

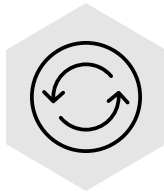
(Panchamahabhuta) -

Prithvi (earth or hardness), **Jala** (water or liquid), **Teja** (fire or energy), **Vayu** (gaseous state of matter), **Akasha** (ethereal state of matter).



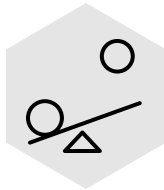
ReConnect

Physically, emotionally, Spiritually
60 mins ashtanga mysore yoga practice
60 mins meditation and restorative yoga



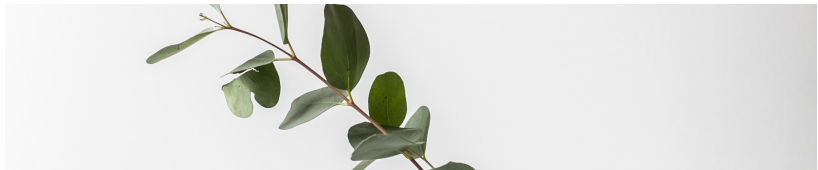
Rejuvenate

Individual Ayurvedic Consultation.
Full body Ayurvedic Massage.
discover the neighbourhood



Rebalance

Nutritious food from locally sourced produce
Experience the charm, comfort and hospitality of Akkara homestay



What to Expect

During the retreat, the yoga practice will be curated on the 5 elements. The objective is to help you develop your own practice for back home. Revitalise your body with the all-natural and ayurvedic therapies, specifically customised for you during your own ayurveda consultations.

Typical Day

7 am to 8:30 am

Ashtanga Mysore Yoga with Pranayama. The asanas are themed on the 5 universal elements

8:30 am to 9:30 am

Breakfast. Followed by free time/massage /optional activities organised (visit to town/nature walk/boat ride)

12 pm to 3 pm

Lunch & Rest

4 pm to 6 pm

Group Activity, Restorative Yoga & Guided Meditation

7pm to 8 pm

Cultural Events, Ayurvedic Talk, Cook-out

8 pm onwards

Dinner & Rest



YogiToday

Our motto is to make Yoga accessible to everyone. We are learners first who aim to share our experiences with our tribe! We are the Yogis of Today with all our urban strappings but an inclination to the mindful, natural and pure!

Practising with us is an eclectic mix of Ashtanga yoga primary series, pranayama as learned from the Yoga Institute, guided meditations and chanting, conversations from the profound to the frivolous.

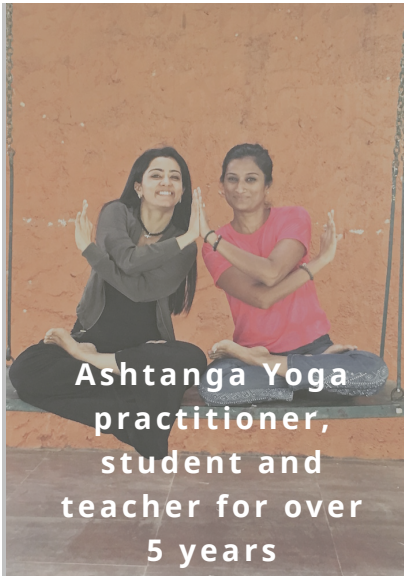
At Yoga Heals, we will take time to heal, invest in self-care practices, introspect on the changes in our routine to bless our life! All this through our ancient wisdom of Yoga and Ayurveda.



Successfully completed over 50 events, workshops and a retreat in the last 2 years.



Tribe of ~50 skilled yoga teachers, nutritionists, life coaches and wellness brands.



Ashtanga Yoga practitioner, student and teacher for over 5 years



YogiToday



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Homestay

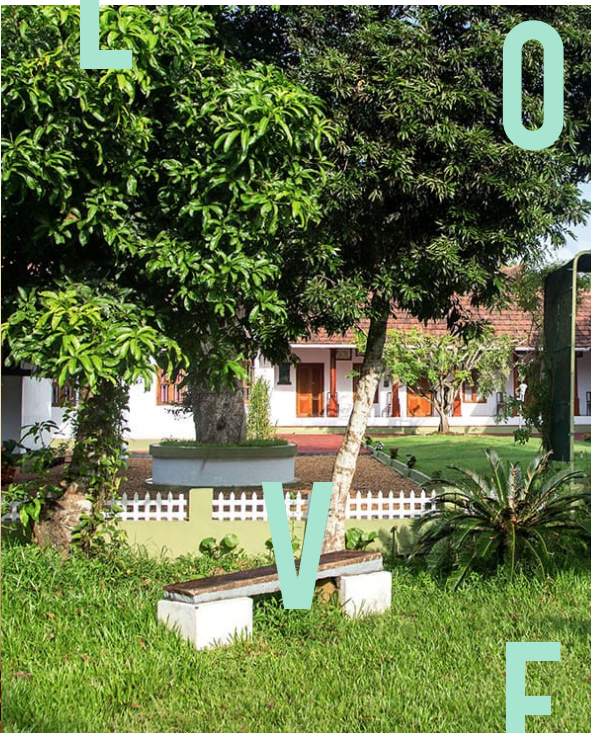
Across the River, Since 1815

Welcome to Akkara! Here at the riverside of the Meenachil, come experience a walk down memory lane by living in a 200 year old mansion with unique rooms housing period designs and furniture. Take a walk in pristine nature to the chirping of birds and insects and enjoy the warm hospitality of your hosts. Explore the homestay experience, so different from a cold hotel room, and dig in to the delicious local Travancore cuisine.



Five acres of local fruits & vegetables, interspersed with Pepper, Coffee, Ginger, Turmeric and Nutmeg trees become a sight for sore eyes. You find yourself surrounded by water on three sides, and far away from the maddening crowds. This is the space you have been looking for: your love of natural beauty, immersed in history and culture.

The Ayurveda and Panchkarma Centre is the perfect place to unwind and surrender to capable healers, trained in the ancient traditional Gurukul system of Vaidyan since the 1930s. Relax as your wellbeing is taken over by Dr. Jisha Menasseril and physician Dr. D.K. Ramachandran (DAM), with home-made medicines.



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The Tariff

All accommodations are on twin sharing basis. 20% advance payment is essential to secure your spot.



Singles

₹ 30,000/-

Couples

₹ 60,000/-

Groups

₹ 120,000/-

What's In

- 4 nights, 5 days homestay in Kerala
- Welcome Kit - The Yogi Box
- All 3 meals included (vegetarian cuisine)
- Morning & evening Ashtanga yoga class, pranayama meditation by YogiToday
- Individual ayurvedic massage consultation. 1 full body ayurvedic massage included.
- A day on the house boat
- Discover your neighbourhood - walks, boat rides, cook-outs, cultural events and more
- Airport transfers

What's Out

- Any additional treatment or consultation
- Extra food orders or a la carte meals
- Extra activities on individual basis



Register Now

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Thank You

