

# YOGA RETREAT TO VARKALA KERALA 2018



**Welcome to 10 days Yoga Retreat to Varkala, Kerala 16 of Jan 2018 to 26 of Jan 2018!**

Rest your soul, bliss your body and awaken your senses. Refresh, renew and Reinvent yourself in magical India with Yogi Vishnu Syamlal..

Join us on a journey that is sure to be something out of the ordinary! Ten days filled with Yoga, Meditation, Pranayama, Mantra chanting, beach life. Give your body and mind the ability to replenish and get energy and boost your health that will last months after your arrival back home...

This Yoga Retreat is suitable for any level of experience. Either you have a regular established practice, or just recently begun to experience the benefits of yoga. These 10 days will give you the opportunity to fully immerse yourself into the deepening of your practice and touch upon an authentic experience of yoga...

## **Our destination - Kerala -**

The Gods' Own Country! With the Arabian Sea in the west, the Western Ghats towering 500-2700 m in the east and networked by 44 rivers,

Kerala enjoys unique geographical features that have made it one of the most sought after tourist destinations in Asia.

A long shoreline with serene beaches and tranquil stretches of emerald backwaters, lush hill stations and exotic wildlife.



## About Varkala Beach:

Varkala, a calm and quiet hamlet, lies on the outskirts of Thiruvananthapuram district. It has several places of tourist interests like a beautiful beach, a 2000-year-old Vishnu Temple and the Ashramam - Sivagiri Mutt a little distance from the beach... Location: 51 km north of Thiruvananthapuram city in Thiruvananthapuram district and 37 km south of Kollam, south Kerala.. Varkala offers excellent accommodation facilities for tourists and is fast becoming a popular health resort with many Ayurvedic massage centres.. Attractions: Beach, mineral water springs, the Sivagiri Mutt and a 2000-year- old Vishnu Temple..

### **People and Life in Kerala!**

Kerala is one of India's most progressive states in terms of social welfare and quality of life. The State boasts one of India's highest literacy rates, highest life expectancy and lowest child mortality rates. The literacy rate for women is one of the highest in all of Asia. Enjoying a unique cosmopolitan viewpoint, the people of Kerala, at all levels of society, have greater access to services and opportunities - as well as a greater say in their governance...

### **Seasons in Kerala!**

With a pleasant and equable climate throughout the year, Kerala is a tropical land with the coast running down its entire length and the Western Ghats forming a protective barrier against the dry winds from up north. The monsoons (June-September & October-November) and summer (February-May) are the seasons markedly experienced here, while winter is only a slight drop in temperature from the normal range of 28-32°C..



## ABOUT THE YOGA RETREAT:

To calm the mind and body, we start every morning with a sunrise -pranayama and meditation on beach followed by a classical Hatha Yoga. In the morning class we will use a combination of Asanas, Pranayama, Meditation, Yoganidra, Mantra Chanting to learn how to become more present and more flexible..

Every evening we start with Surya namaskar, good before starting asana class. After surya Namakar we will move into deep Asana class and pranayama.

We offer 3 hours Yoga class every day, 1,5 hours in the morning and 1.5 hours in the evening – in Total 30 hours yoga classes in 10 days! It will be plenty of time for swimming, beach, shopping, and excursions, It is also possible to book additional private yoga classes and Ayurvedic treatments, such as massages (Options at your own cost not included in the price;)..

### *Canoe Ride Munroe Island:*

The tour starts from the Quilon boat jetty at morning 8:00 am and finish up at 5:00 pm.from there we will take you to the inland (25km) villages in munroe island through the tributaries at the Astamudi lake in quilon with the traditional and much comfortable canoe boats to make your trip an exotic one...

### *One day open boat trip.*

Excursion in the incredibly beautiful backwater area on the beautiful island, Golden Island where it is possible to meditate and visit a Ganeshatempel

## ABOUT THE ACCOMMODATION AT RAJA PARK BEACH RESORT VARKALA

You have to see it to believe it - at this Varkala beach resort, you could fulfil your dreams - enjoyment coupled with a calm and quiet ambience.

Experience the exotic as you climb down the lofty cliffs with mineral springs, giving panoramic views of the vast expanse of sea, to the beach and the crystal-clear ocean. Enjoy the serenity of sunrise and sunset. Established in 2001, the resort offers amenities aplenty.

7 deluxe A/C cottages and various other rooms include 10 Deluxe A/C pool view rooms and 10 Deluxe non A/C Rooms totally complement each other. Rest and rejuvenation facilities are just a call away. Delicious food, lilting music, Ayurveda and Yoga therapies and boat cruises are some of the amenities waiting for you here.

They also include a multi-cuisine restaurant, beer and wine parlour, Ayurveda clinic, Yoga Shala, travel desk, house-boat cruises, doctor-on-call, STD-ISD-FAX and Wifi internet connection. Car-parking and money exchange are available and credit cards are accepted. There is no doubt that the five minute walk to the wonderful beach will stay in your mind for ever....





*Different kind of accommodation at Raja Park Beach Resort Varkala, Kerala.*

*Deluxe Cottage A/C:*

*The charming Deluxe a/c cottages are ideal for couples . It has a master bed room along with attached bath/toilet with running hot water and cold water. These rooms are designed for 2 adults with all modern luxuries, with a cosy private sit out.*

*Deluxe Pool View Room A/C:*

*Enjoy the comfort and space of our deluxe a/c pool view room with private sit-out or balcony with all the standard facilities to make your stay relaxed. There is a master bedroom along with attached bath/toilet and running hot water and cold water..*

*Deluxe Non A/C Room:*

*Designed for two adults, these rooms come with all the standard facilities plus a private/common balcony or sit out. The master bedroom has attached bath/toilet with running hot water and cold water..*

## PRICE:

SEK 12900 DELUXE A/C COTTAGE ( PER HEAD 6450 KR ) 2 PERSONS IN SHARING ROOM INCLUDED 10 DAYS ACCOMMODATION, 30 HOURS YOGA CLASSES, ONE DAY HOUSE BOAT TRIP, HALF DAY OPEN BOAT TRIP AND TRANSFERS TO AND FROM THE AIRPORT..

SEK 12900 DELUXE A/C COTTAGE PER PERSON IN DOUBLE ROOM, INCLUDED 10 DAYS ACCOMMODATION, 30 HOURS YOGA CLASSES, ONE DAY HOUSE BOAT TRIP, HALF DAY OPEN BOAT TRIP AND TRANSFERS TO AND FROM THE AIRPORT..

SEK 10500 DELUXE A/C POOL VIEW ROOM ( PER HEAD 5250 KR) 2 PERSONS SHARING ROOM ,INCLUDED 10 DAYS ACCOMMODATION, 30 HOURS YOGA CLASSES, ONE DAY HOUSE BOAT TRIP, HALF DAY OPEN BOAT TRIP AND TRANSFERS TO AND FROM THE AIRPORT...

SEK 9800 DELUXE A/C POOL VIEW ROOM: PER PERSON IN DOUBLE ROOM, INCLUDED 10 DAYS ACCOMMODATION, 30 HOURS YOGA CLASSES, ONE DAY HOUSE BOAT TRIP, HALF DAY OPEN BOAT TRIP AND TRANSFERS TO AND FROM THE AIRPORT..

SEK 9900 DELUXE NON A/C ROOM (PER HEAD 4950KR) 2 PERSONS SHARING ROOM ,INCLUDED 10 DAYS ACCOMMODATION, 30 HOURS YOGA CLASSES, ONE DAY HOUSE BOAT TRIP, HALF DAY OPEN BOAT TRIP AND TRANSFERS TO AND FROM THE AIRPORT..

SEK 8900 DELUXE NON A/C ROOM PER PERSON IN DOUBLE ROOM, INCLUDED 10 DAYS ACCOMMODATION, 30 HOURS YOGA CLASSES, ONE DAY HOUSE BOAT TRIP, HALF DAY OPEN BOAT TRIP AND TRANSFERS TO AND FROM THE AIRPORT...



**THIS IS INCLUDED IN THE PRICE:  
10 DAYS ACCOMMODATION IN THE ROOM OF YOUR CHOICE 3 HOURS OF YOGA EVERY DAY, IN TOTAL 30 YOGA LESSONS CANOE RIDE MUNROE ISLAND. ONE DAY OPEN BOAT TRIP TO GOLDEN ISLAND TRANSFERS TO AND FROM THE AIRPORT.**

**THIS IS NOT INCLUDED IN THE PRICE:  
FLIGHT TICKET. MEALS**

**BOOKING CONDITIONS AND PAYMENT:  
WHEN YOU BOOK YOUR TRIP WITH US, WE CHARGE A BOOKING FEE OF 70% OF FULL AMOUNT. THE REMAINING AMOUNT IS TO BE PAID 7 WEEKS BEFORE DEPARTURE. YOU BOOK YOUR TRIP BY SENDING AN EMAIL WITH THE FOLLOWING DETAILS NAME, ADDRESS AND TELEPHONE NUMBER. YOU WILL SHORTLY RECEIVE A CONFIRMATION FROM US TOGETHER WITH PAYMENT DETAILS..**

**DEADLINE OF THE BOOKING: YOU HAVE TO BOOK AND PAY 70% YOUR TRIP 25TH OF AUG 2017 AT THE LATEST!!**

**CANCELLATION POLICY. WHEN YOU BOOK YOUR TRIP WITH US, WE CHARGE A BOOKING FEE OF 70% OF FULL AMOUNT ,IF YOU CANCEL YOUR TRIP THE BOOKING FEE OF 70% NON REFUNDABLE. THE MEDICAL CERTIFICATE MAY BE CANCELED UP UNTIL THE TRIP DEPARTURE AND 100% OF PAYMENT REFUNDABLE...**

**SEATING CAPACITY:  
SEATING CAPACITY IS LIMITED SO WE WOULD HIGHLY RECOMMEND THAT YOU BOOK YOUR SEATS AS SOON POSSIBLE..**

**PASSPORT/VISA YOU WILL NEED A VALID VISA TO ENTER INDIA.  
TO OBTAIN THIS YOU WILL NEED TO CONTACT YOUR LOCAL INDIAN HIGH COMMISSION. FILL IN THE APPLICATION FORM, WHICH IS USUALLY AVAILABLE TO DOWNLOAD ONLINE, AND BRING IT TO THEM OR SEND IT IN ALONG WITH THE REQUIRED FEE. THIS CAN TAKE UP TO 10 DAYS.**

**WHEN STATING YOUR PURPOSE ON YOUR VISA FORM, IT IS BEST TO SAY TOURISM RATHER THAN YOGA. YOU CAN VISIT THE VISA TO INDIA WEBSITE WHICH GIVES DETAILED CONTACT INFORMATION FOR INDIAN EMBASSIES THROUGHOUT THE WORLD.**

**WE ARE MORE THAN HAPPY TO HELP YOU WITH THIS! ON YOUR VISA APPLICATION YOU WILL BE ASKED TO GIVE 1 REFERENCE IN INDIA OF WHERE YOU ARE STAYING, PLEASE ASK VISHNU SYAMLAL FOR MORE INFORMATION AND DETAILS ON THE REFERENCE...  
WELCOME ALL!!**