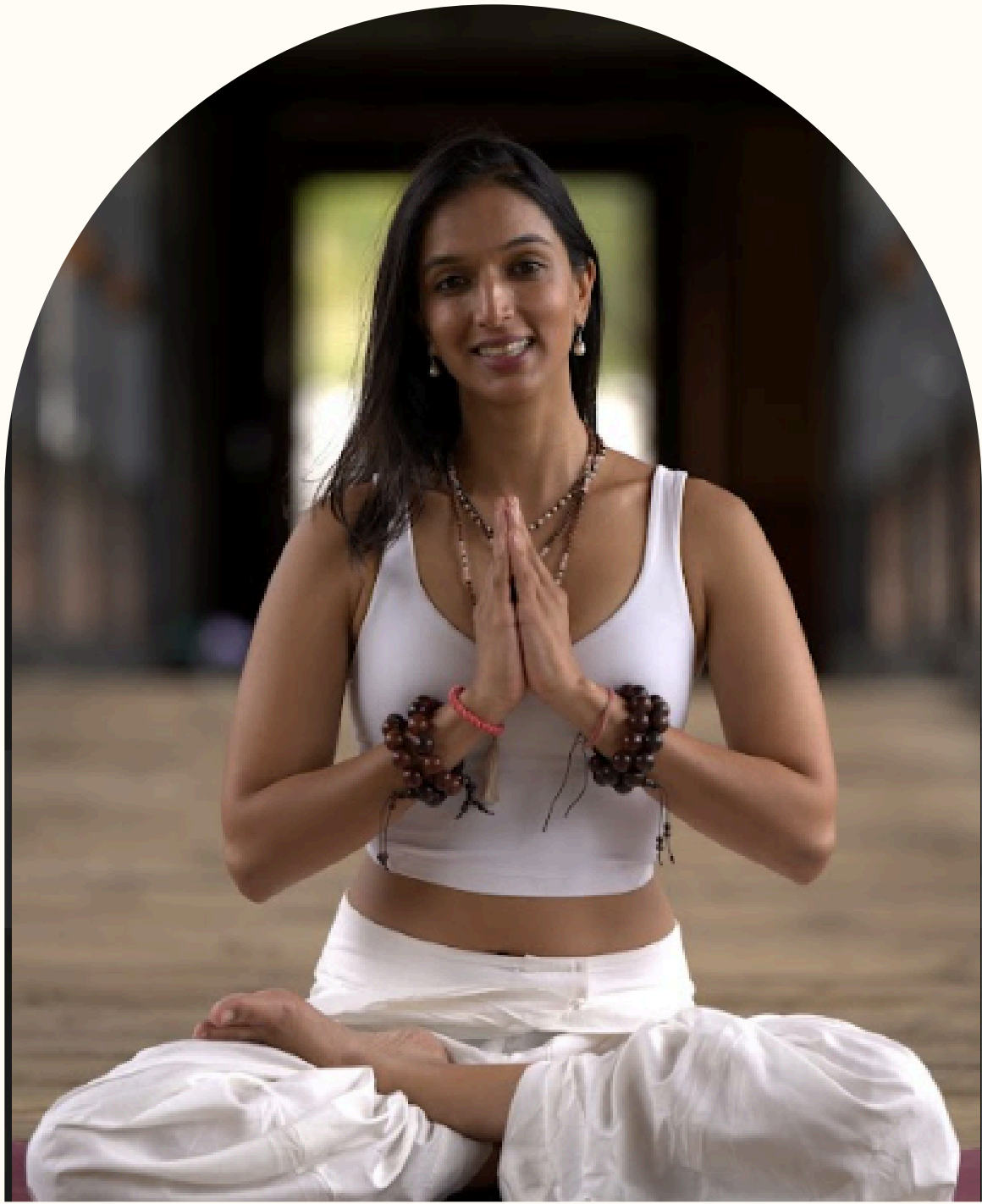




# KERALA YOGA RETREAT

29th December - 2nd January

With Ira Trivedi



# ABOUT IRA TRIVEDI



Ira is a Yoga Acharya who holds the highest training from the Sivananda Yoga Vedanta Institute. She has two yoga shows in India - one on Doordarshan, India's national channel and the second on India Today, a leading English channel. She is the author of The 10-Minute Yoga Solution and My Book of Yoga (featuring Om the yoga dog). She is the founder of Namami Yoga, a charity that teaches yoga and life skills to underprivileged children. Ira teaches yoga around the world, and was part of the team leading the first International Day of Yoga (at Rajpath New Delhi) where two Guinness World Records were created- for the largest yoga lesson and for the most nationalities in a yoga lesson.





# LOCATION

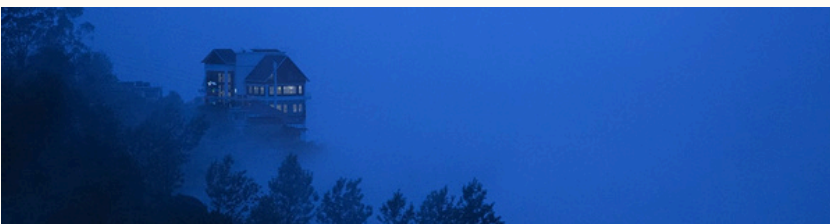
## Fragrant Nature Resort, Kollam

Fragrant Nature Kollam is a serene backwater resort in Kerala, set right on the banks of the majestic and tranquil Lake Ashtamudi, in one of Kerala's most undiscovered spots. Located just 90 minutes from Trivandrum International Airport, it offers luxurious rooms, Ayurveda wellness treatments, and a rejuvenating environment perfect for a yoga retreat. Guests can enjoy breathtaking views, personalized service, and a peaceful escape into nature. The resort's tranquil ambiance and holistic experiences make it an ideal setting for relaxation, meditation, and inner healing.

### How to reach Frangrant Nature, Kollam

 Fly into Trivandrum International Airport (Thiruvananthapuram International Airport)

 Drive 90 minutes to the resort in Kollam



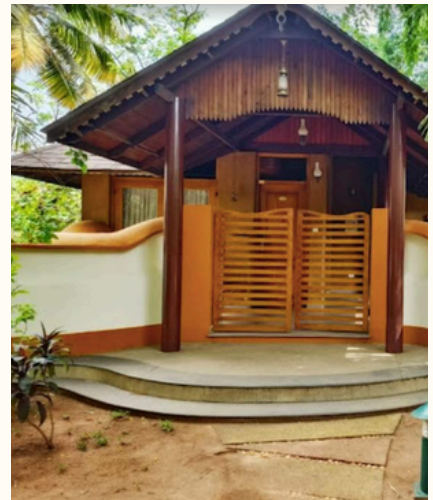




# ACCOMMODATION



The rooms at Fragrant Nature Kollam blend modern luxury with traditional Kerala charm, offering breathtaking views of the serene Lake Ashtamudi. Each room is elegantly designed with natural materials and warm tones, creating a peaceful and welcoming atmosphere. With private balconies or terraces, guests can relax and soak in the tranquil surroundings. The rooms come equipped with premium amenities to ensure a comfortable stay, perfect for unwinding after a day of yoga and wellness. The serene setting and attention to detail make it an ideal retreat for relaxation and rejuvenation.







# HIGHLIGHTS

## What to Expect at Our Yoga Retreat:

- **Hatha Flow with Ira:** Strength and flexibility through breath and movement.
- **Yin Yoga:** Relaxation with gentle, deep stretching.
- **Crystal Bowl Sound Healing:** Deep relaxation through healing vibrations.
- **Dharma Talks with Ira Trivedi:** Enriching discussions on yoga philosophy.
- **Breathwork with Tantric Techniques:** Powerful experiences for deeper awareness.
- **Satvic Meals:** Delicious organic meals to nourish you.
- **New Years Day Sadhya ( Feast):** A traditional feast to kick-off the New Years.
- **Exploring the backwaters by boat**
- **Ayurvedic treatments ( optional) at the Beautiful Spa**





# EXCURSIONS



## **Jatayu Earth's Center**

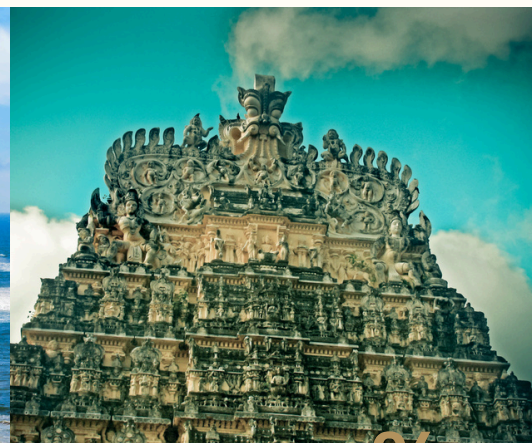
Explore the iconic Jatayu Earth's Center, home to the world's largest bird sculpture. Perched atop a scenic hill, the majestic Jatayu statue symbolizes bravery from the Ramayana and offers breathtaking views of Kerala's lush landscape. This unique destination blends adventure, mythology, and natural beauty, providing an unforgettable experience.

## **Varkala Beach**

Discover the beauty of Varkala Beach, a serene coastal escape with dramatic cliffs and healing waters. Perfect for swimming and relaxation, this hidden gem offers a spiritual atmosphere, stunning sunsets, and vibrant cliffside cafes and shops. Unwind in the cool seaside ambiance and explore local boutiques while enjoying the perfect blend of nature and culture.

## **Padmanabhaswamy Temple**

Visit the renowned Padmanabhaswamy Temple in Trivandrum, the richest temple in the world. This sacred temple, dedicated to Lord Vishnu, is famous for its magnificent architecture and hidden treasures. Immerse yourself in its divine atmosphere, explore its historical significance, and experience a profound connection to Kerala's rich cultural and religious heritage.



# A TYPICAL DAY

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<b>7:00 am</b>	KRIYAS
<b>7:30- 9:00 am</b>	YOGA
<b>10:00 am</b>	BRUNCH
<b>11 am- 4 pm</b>	Excursions, massages, or relaxation
YIN YOGA	<b>4:00- 5:30 pm</b>
DINNER	<b>7:00 pm</b>
EVENING ACTIVITY	<b>8:30 pm</b>

**\*A DETAILED ITINERARY WILL BE SENT ONCE BOOKING IS CONFIRMED**





# PRICING

**4 Nights | 5 Days**  
**Dec 29- Jan 2**

OCCUPANCY	SINGLE	DOUBLE
ROOMS	INR 80,000	INR 56,000
WITH EXCURSIONS	INR 85,000	INR 61,000

**Prices are INCLUSIVE OF TAXES**

**We are a registered charitable trust. All retreat payments are charitable donations and we will be issuing certificates for the same. This can be used to claim tax benefits.**





# INCLUSIONS

## INCLUDED

All Stay.

Brunch, dinner, and afternoon tea. We don't advise having more than 2 meals during a yoga retreat. We follow a sattvic diet

All Yoga classes, Meditation, Dharma talks

## NOT INCLUDED

Airfare to Thiruvananthapuram

Travel to and from the hotel. We will put all guests in touch so that they can form groups for taxi share

Excursions or massages. Any additional activities will be charged separately

Any meals apart from the group meals. All room service charges are extra

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# PAYMENT DETAILS

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## ALL PAYMENTS SHOULD BE MADE TO:

Account holder name: NAMAMI YOGA

Account Number: 164205000134

IFSC Code: ICIC0001642

Bank Branch: New Rajender Nagar

UPI ID : 7977196287@okbizaxis

## GPAY QR CODE



**\*As we are a registered charitable trust, all retreat payments are charitable donations and we will be issuing certificates for the same. This can be used to claim tax benefits.**





# Terms & Conditions

- ONLY FULL PAYMENTS will be accepted
- NO INSTALLMENTS
- NO DISCOUNTS
- NO CASH PAYMENTS of any kind
- This retreat CAN NOT BE TRANSFERRED to OTHER PERSON except for whom the retreat is booked for
- Guardians must book a separate room if they are bringing their kids along.
- No alcohol, drugs or narcotics of any kind are allowed. At the retreat if you are found with these you will be asked to leave.
- NO REFUNDS. If you cancel 2 weeks before the start date of the retreat, we can transfer 50 percent of the total amount to the next retreat.

For further detailed terms and conditions please visit <https://www.yoglove.in/retreattermsandconditions>





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To book your flight and travel tickets, a recommended agent is Ashok Matta.

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