

# Travel Program

## Kerala

### Immersive Journey · 2 weeks

Immerse yourself in tropical serenity, tranquil backwaters, lush plantations, and the ancient wisdom of Ayurveda and local culture.

#### **Day 1 — Arrival in Kochi / Fort Cochin**

Warm welcome at the airport, transfer to accommodation in the historic Fort Cochin district. First steps in the colorful streets, shared dinner and opening circle. Time to breathe, settle in, and feel the rhythm of Kerala.

#### **Day 2 — Cultural Exploration of Kochi**

Stroll through the colonial district, markets, art galleries, and temples. Introduction to local culture, gentle meditation at the end of the day. Evening gathering: local music or collective singing.

#### **Day 3 — Backwaters & Village Life**

Transfer to the backwaters by houseboat or local lodge. Peaceful navigation through canals, discovery of floating villages and local life. Yoga at sunrise and sunset on the water.

#### **Day 4 — Ayurveda & Wellness**

Introduction to Ayurveda: traditional massage, consultation, and breathing practices. Workshop on medicinal plants and Ayurvedic cooking. Relaxed evening and meditation.

#### **Day 5 — Tea Plantation & Gentle Hike**

Travel to tea or coffee plantations in the Wayanad or Munnar hills. Gentle walk through the plantations, meet the pickers. Morning yoga and collective breathwork with panoramic views.

#### **Day 6 — Elephant Encounters**

Visit a local elephant sanctuary (responsible interaction). Observation and meditation in nature. Cultural workshop: traditional music or local dance.

#### **Day 7 — Beach & Relaxation**

Peaceful beach or coastal village. Yoga and meditation on the sand at sunrise or sunset. Optional surf lesson or swimming. Evening around the fire or sharing circle.

## **Day 8 — Village & Local Cuisine**

Immersion in a local village: traditional cooking workshop, market visit.  
Discover daily traditions and rituals.  
Gentle yoga and evening circle.

## **Day 9 — Rivers & Kayaking**

Exploration of rivers and lagoons by kayak.  
Observation of flora and fauna.  
Meditation and mindful breathing on the water.

## **Day 10 — Temples & Meditation**

Visit a historic temple and participate in a traditional ceremony.  
Guided meditation and personal reflection.  
Evening free to write or rest.

## **Day 11 — Ayurveda & Therapeutic Yoga**

Full session of Ayurvedic yoga and breathwork.  
Ayurvedic massage or herbal bath according to needs.  
Workshop on diet and Ayurvedic routines.

## **Day 12 — Trek & Nature**

Panoramic hike through hills, waterfalls, and tropical forests.  
Morning yoga and silent reflection at the summit.  
Return to the lodge for a shared dinner.

## **Day 13 — Integration & Rest Day**

Gentle yoga, meditation, and breathwork.  
Free time to rest, write, or explore the surroundings.  
Evening sharing circle.

## **Day 14 — Celebration & Sharing**

Closing ceremony: singing, music, sharing experiences.  
Final festive dinner with the group and local hosts.  
Moments of gratitude and memories to take home.

## **Day 15 — Departure**

Transfer to Kochi airport.  
Farewell to Kerala, heart full, spirit light.

## Practical Notes & Options

**Accommodation:** guesthouses, homestays, small hotels (private or shared, depending on your preference).

**Meals:** 2 meals or 3 meals per day included (breakfast + lunch and/or dinner depending on the day). Local cuisine, fresh ingredients, often organic/local.

**Included transportation:** transfers, taxis, or private bus depending on the group. International flight not included.

**Included activities:** yoga (morning or evening depending on the day), meditation, group breathwork, cultural workshops, visits and hikes as described. Massages and individual treatments available à la carte (not included).

**Level:** accessible to everyone. Varied but adaptable walks, yoga practices tailored to all levels.

**Estimated price:** €1,500–€1,700 depending on accommodation choices and options. Final price to be confirmed.

**Payment / booking:** pre-booking by private message to Marie-Emmanuelle; initial deposit €250.

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