

South India Yoga Retreat at Neeleshwar on the Malabar Coast



Dates: Saturday 1st April to Sunday 9th April 2017

Cost: £1125.00 per person on twin share basis (excluding international flight)
Single Room Supplement: £490.00

With its unspoilt beaches the Malabar Coast region is the unsung jewel of Kerala in South India. Filled with coconut groves, rice paddy fields, secluded beaches, verdant hillside spice gardens and isolated inland waterways, slow and rhythmic Malabar is the essence of authentic India.

We will be based at Neeleshwar Hermitage, a hidden tropical destination set in a secluded palm grove beside the Arabian Sea in northern Kerala. Fantastic spa facilities provide authentic Ayurvedic treatments to complement our yoga and meditation. At Neeleshwar everything combines to induce a sense of complete relaxation and harmonious wellbeing.

Outline Itinerary

Day 1 (1st Apr 2017) – Depart UK

Day 2 (2nd Apr 2017) – Arrive Calicut. Transfer to Neeleshwar Hermitage. Dinner and overnight at The Hermitage.

Days 3 to 7 (3rd to 7th April 2017):

- Daily Yoga with Anil and Phillipa
- Daily Meditation with Phillipa
- Three sessions of Yoga Nidra (deep relaxation) with Phillipa
- Visits to local temples
- Fire ceremony pujas
- Ayurvedic treatments (5 sessions per person) in the hotel's Priya Spa
- Swimming in the sea or infinity pool

Accommodation and full board at The Hermitage

Day 8 (8th April 2017) – Neeleshwar to Calicut.

Morning drive to Calicut, visiting en route the riverside Muthappan Temple to witness trance possession ceremony and puja. Overnight stay at Harivihar Heritage Homestay.

Day 9 (9th April 2017) – Depart Calicut

Morning transfer to Calicut international airport for your departure flight.

To see our stunning accommodation visit: www.neeleshwarhermitage.com



COST INCLUDES:

- ❖ Arrival and departure transfer from Mangalore/ Calicut or Neeleshwar railway station.
- ❖ Accommodation for 6 nights at the first class Neeleshwar Hermitage in Sea View or Garden View Cottages.
- ❖ Morning Signature tea.
- ❖ All vegetarian meals from dinner on the 2nd April to breakfast on the 9th April and all Ayurvedic drinks at Neeleshwar.
- ❖ Consultation with resident Ayurvedic doctor.
- ❖ Ayurveda Treatments (5 Sessions Per Person).
- ❖ Yoga Instruction for 60 minutes every morning.
- ❖ 2 Hours sunset cruise on The Lotus Houseboat through the enchanting local backwaters.
- ❖ One night accommodation at Harivihar Heritage homestay, Calicut. Dinner and breakfast included.

COST DOES NOT INCLUDE:

- ❖ International Flights
- ❖ Airport departure taxes
- ❖ Extra sightseeing not included in the programme
- ❖ Personal expenses such as bar bills, telephone calls, tips, beverages, medical/travel insurance, still/video camera fees, any costs not mentioned in the “cost includes” section.

This exciting holiday has been thoughtfully created by two friends, Phillipa Wilson and Ann Brooks.

Phillipa (Oakwood Yoga) will work with Anil to personalise our yoga and meditation practice throughout the week. Phillipa is a yoga teacher based in the UK and runs Oakwood Yoga (www.oakwoodyoga.co.uk).

Phillipa trained with the British Wheel of Yoga and is also a Satyananda Yoga Teacher. She is passionate about how much yoga can benefit each of us no matter what our ability. Phillipa runs chair yoga classes, yoga for those living with cancer and teaches in the local women’s centre. Along with her regular weekly classes, Phillipa also runs yoga trips to Nepal, France and weekends in the UK.

Ann has been traveling and organising adventurous travel for almost 30 years. Her company, Classic Journeys specialised in group and independent bespoke tours to India, Nepal and other Asian countries as well as Africa and South America. Ann has been visiting India on and off for 30 years and continues to plan and organise journeys throughout the Indian sub-continent for clients and friends.

Ayurvedic Treatments

The Package will include a combination of the following treatments in consultation with our resident Ayurvedic doctor:

Synchronised abhyanga

Rejuvenating whole bodies massage using medicated oil chosen according to body-type. Performed by two therapists working in tandem, whose synchronised movements harmonise the rhythms of all the body systems while enhancing proper and balanced energy flow through the gross and subtle bodies. Abhyanga increases blood circulation, lymphatic flow, relieves fatigue and aches and pains and generally relaxes and nourishes the body and strengthens immunity. It also relaxes the mind and smoothes the emotions.

Pizhichil

Warmed and medicated oil is rhythmically squeezed from linen cloths all over the body by two therapists with a simultaneous gentle massage. This is a remedy for eliminating toxins stored in the body, that often manifest as arthritis, rheumatism, debility, nervous disorders and certain skin diseases.

Kizhy

Warm herbal bundles in cotton and medicated oils are applied to the effected area. Used to combat conditions such as stiffness, pain and inflammation, this treatment is recommended for a minimum of three days.

Nhavarakkizhi

Cloth bundles filled with a preparation of medicated rice are soaked in a decoction of nutritive medicinal herbs and milk, and then rubbed over the entire body. The effect is highly rejuvenating, and treats neurological weakness, muscle wasting, degenerative diseases and certain types of arthritis and rheumatism.

Shirodhara

In this treatment, medicated oil, chosen according to your body type, is poured continuously over the forehead in a gentle flow, accompanied by a gentle scalp massage. This delightfully soothing procedure is very effective in treating insomnia, mental stress and tiredness, anxiety, headache and migraine.

Please Note:

"Each of the programmes / treatments outlined will begin with a consultation with our resident ayurvedic doctor. The consultation will last about twenty minutes and ascertain the clients case history, pulse diagnosis, blood pressure etc. to determine their body-type and modalities of treatment suitable to them. Therefore we reserve the right to modify the treatments described if deemed necessary by the doctor's consultation".

Accommodation – Neeleshwar Hermitage

Located near the town of Neeleshwar in Northern Kerala, Neeleshwar Hermitage is a peaceful retreat set in 12 acres of naturally landscaped grounds. The eco-friendly resort was built by local craftsmen and is situated on a quiet beach.



The luxurious resort breathes tranquillity and offers you the essence of authentic India: her friendliness, hospitality & serenely balanced lifestyle. At Neeleshwar you enter a utopia far removed from the pressures of everyday living. Authentic ayurveda and spa treatments, a huge infinity pool and a deliciously varied cuisine - everything combines to induce a sense of complete relaxation and harmonious wellbeing.

There are just 16 rooms all of which are beautifully finished in a traditional style with contemporary touches. There are two types of rooms: garden view cottages and sea-view cottages, each with its own veranda. With polished teak floors and many hand-made furnishings the spacious rooms have a feeling of elegance. Tea and coffee making facilities, personal safe and hair dryer, wired and wireless internet connection are standard inclusions. Television and DVD player are available on request (subject to availability). The en-suites have rain showers rather than baths, and these are open to the skies while the rest is under cover.

Cuisine is a choice of local and international dishes, and predominantly vegetarian.

Yoga at the Hermitage



Yoga is an indispensable aid to good health, bearing in mind that the W.H.O. defines health as 'a state of complete physical, mental, social and spiritual well-being and not just an absence of disease'. Our yoga programme at the Hermitage is under the tutelage of Shri Anil Kumar (DYS; PGYT).

Anil studied at Kannur University where he gained a diploma in Yoga and Ayurveda, then at the Yoga Vedanta Forest Academy in Rishikesh, and finally at Swami Vivekananda Yoga University (SVYASA) in Bangalore, the most highly reputed yoga research institution in India. Anil has been teaching classical Hatha Yoga (Ashtanga Yoga School) for eleven years. His emphasis is always on ease and naturalness, so that the body is cultured and the nervous system refined of its impurities in a gradual and systematic way.

All our yoga classes take place in the Patanjali Yoga Hall overlooking the beach.

The Lotus Houseboat

Our stay at the Hermitage will include a 2 hour sunset cruise on the Lotus, a Houseboat of unequalled elegance and style. Enjoy the serenity and healing relaxation while cruising through the languid backwaters of Malabar, the undiscovered jewel of northern Kerala.

To see our lovely houseboat visit: www.thelotuskerala.com



Harivihar Homestay – Calicut (Kozhikode)

Our final night accommodation will be at Harivihar which literally means abode of the divine. This is a 170 year old painstakingly restored royal heritage homestead and ayurveda resort located in Calicut (Kerala), the old seaport city through which Vasco de Gama entered the fabled Indies.

To learn more about Harivihar visit: www.harivihar.com



GENERAL INFORMATION ABOUT NEELESHWAR HERMITAGE

Location

Northern Kerala, traditionally known as Malabar, is a jewel awaiting discovery. Empty beaches fringed by coconut plantations, peaceful inland waterways and lush hillside spice gardens are features of an undisturbed rhythm of life set against the immensity of the ocean.

The Hermitage is approximately two hours from Mangalore international airport and between four and five hours from Calicut international airport. It is directly linked with the rest of the state by air, road and train.

Design

An oasis of calm set in twelve naturally landscaped acres, Neeleshwar Hermitage is built according to the traditional architectural principles of Kerala Vastu. The whole site oriented to the east and the rising sun, while the buildings are all placed in correct relation to each other, the four directions and the site as a whole. The traditional wood-and-thatch architecture is balanced with stylish contemporary touches and familiar modern comforts. The site overlooks a gloriously unspoiled beach of sand, stretching as far as the eye can see in both directions. The sea is clean and safe for swimming most of the year.

Service

Our sensitive and attentive staff offers Keralan hospitality with unparalleled attention to detail. From the signature coconut drink that greets your arrival to the smiling faces genuinely sorry to see you leave, everything here is carefully and subtly designed around your personal needs.

Our Name

Many of our guests are intrigued as to the origin and meaning of our name. The name derives from the hermitages (with or without resident hermits!) built by Renaissance princes on their country estates the better to commune with God. In later times the term was applied by Louis XIV the 'Sun King' of France – and other monarchs – to country residences where court ceremony and formality were abandoned in favour of the simple life. Peter the Great imported the idea to Russia, building a 'Hermitage' in his country palace at Peterhof and using it for private entertainments. His successor, Catherine the Great, built her 'Hermitage' pavilions onto the Winter Palace, the principle residence of the Russian Tsars, so as to be able to entertain her friends and lovers in private. Since she housed her extensive art collections there, the name soon came to refer to what has long been the world's greatest museum, The Hermitage in St. Petersburg.

Here in Neeleshwar Hermitage, we like to think we are continuing a great tradition. We aim to make all our guests feel like royalty and to do our best to look after them in aesthetically pleasing surroundings that are relaxed, carefree and highly civilised. Come and discover your inner monarch!

Getting To The Hermitage

There are several international airlines who fly to Calicut also known as Kozhikode, the nearest international airport to Neeleshwar. Qatar Airways, Etihad Airlines and Emirates are ones to look at.

Alternatively you may wish to arrive in Kochi (Cochin). Enjoy one or more nights here before traveling to Neeleshwar by train (8 hours).

Extending Your Stay

There are many possibilities for extending your stay in South India and beyond. We will be happy to make suggestions based on the time you have available and what you would like to do.

India's sheer scale and diversity means that there are vast differences between regions and, at times, long distances between sights. Getting your travel plans right will make a world of difference.

Further Information

If you are interested in joining this tour, would like to reserve a place or have any questions please contact Phillipa: info@oakwoodyoga.co.uk or Ann ann@classicjourneys.co.uk

