



India Healing 2019

25 Feb – 5 Mar

Let's renew our energies and live the spiritual, mental and physical transformation in the healing cradle of the world through an unforgettable experience. From the medicinal and rejuvenating therapies of Ayurveda in South India, to one of the wonders of the world, Taj Mahal, temple of love. Let's embark on this journey of awakening through the healing that already exists in our bodies by living Ayurveda at it's source.

LIMITED SPACES!



SCHEDULE



25 FEB TO 5 MAR

Somatheeram Ayurvedic Health Resort Kerala, India

OPTIONAL

6 MAR

Agra: Taj Mahal and Red Fort

7 MAR

Vrindavan

8 MAR

New Delhi

9 MAR

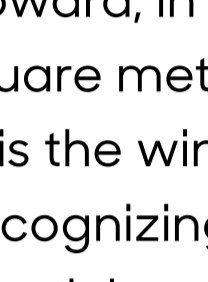
New Delhi – Back home



ITINERARY



Somatheeram Ayurvedic Health Resort
(25 Feb – 5 Mar)



Somatheeram is an Ayurvedic village located in front of the beach of Chowara, in the state of Kerala, South India. Located at 60 thousand square meters of beautiful tropical Indian gardens, Somatheeram is the winner of numerous national and international awards, recognizing excellence in Ayurvedic treatments. All India Healing participants will have daily consultation with ayurvedia Healing doctors and rejuvenation treatments tailored to their doshas as part of the program. We will live days of purification and relaxation, renewing our energies, practicing yoga, meditation and learning more about this ancient science. We will have a daily Ayurvedic routine!

Watch the full video here:

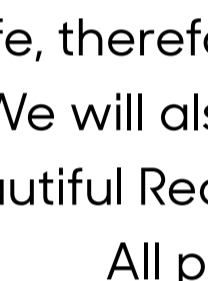
<https://tinyurl.com/ybpfdf8fk>



OPTIONAL



Agra: Taj Mahal and Red Fort
(6 Mar)



In the city of Agra located at the edge of the sacred river Yamuna, one of the new seven wonders of the world, the Taj Mahal is also a cultural patrimony of humanity (Unesco). This incredible Mausoleum was created between 1632 and 1653 by the Mogul emperor for his wife, therefore it is considered the greatest proof of love in the world.

We will also have the opportunity to visit the famous, ancient and beautiful Red Fort. Arrival is on March 5th and departure on March 7th. All participants will stay at the wonderful Trident Hotel.

www.tridenthotels.com/hotels-in-agra

Vrindavan
(7 Mar)



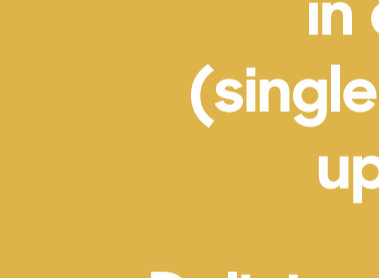
Located in the sacred river Yamuna, Vrindavan is the city where Krishna was born. Re-discovered in 1515 by the monk Chaitanya Mahaprabhu, the city has over 5,000 temples depicting the life of Krishna and his wife Radha. Extremely important place in the history of India, Vrindavan offers the opportunity to feel the qualities of devotional love. There is no overnight stay in Vrindavan.

New Delhi
(8 Mar)

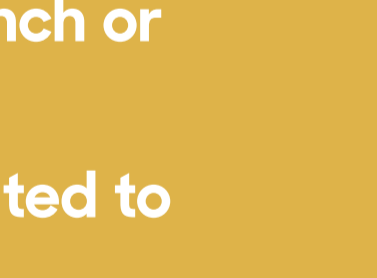


New Delhi is the capital of India and one of the most western cities in the country. We will have the opportunity to visit the sacred temple of Lakshmi-Narayan. Lakshmi is the goddess of affluence, prosperity and abundance; and Narayan her consort, God which holds all life in the universe together. We will also visit Gandhi's house, the humanitarian leader responsible for the independence of India. There will also be time for final purchases and a tour of the city. All participants will stay 2 nights at the Royal Plaza Hotel.

www.hoteltheroyalplaza.com



WHAT IS INCLUDED?



IN SOMATHEERAM:

- Consultation with Ayurvedic doctor
- Up to 2 Ayurvedic treatments per day for 7 days
- Accommodation in double room (single rooms available upon request)
- Delicious Ayurvedic meals (breakfast, lunch and dinner)
- Individualized Diet according to your dosha
- Ayurveda Classroom
- Guided yoga and meditation

IN AGRA AND DELHI:

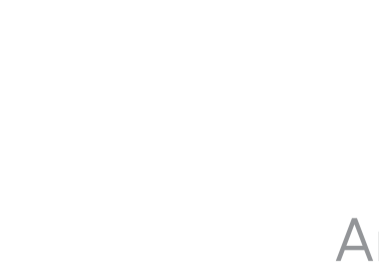
- 2 nights at The Trident Hotel (Agra)
- 2 nights at The Royal Plaza Hotel (Delhi)
- Accommodation in double room (single rooms available upon request)
- Breakfast + lunch or dinner
- Vehicle dedicated to group
- Local guides dedicated to our group (english and spanish speaking guides)
- Ticket for monuments (Taj Mahal, Red Fort, etc...)

TRANSFERS:

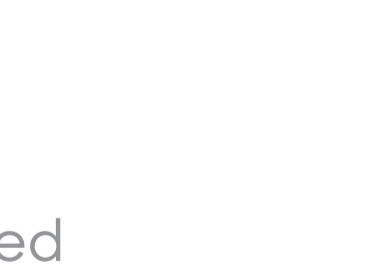
- Trivandrum Airport to/from Somatheeram
- Delhi to/from Agra
- Hotel to Airport in Delhi for final departure.
- Domestic flight from Trivandrum to Delhi

ACTIVITIES:

- Yoga and Meditation practices



WHAT IS NOT INCLUDED?

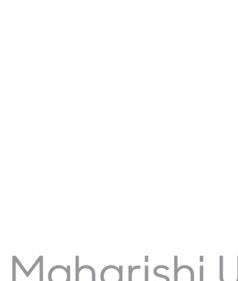


- Transatlantic flights – from USA to India
- Flight from Mumbai or Delhi airports to Trivandrum airport
- Visa for India (<https://indianvisaonline.gov.in/evisa/tvoa.html>)
- Travel insurance
- Itinerary changes by the participant
- Personal expenses and gratuities
- Overweight or extra luggage flights
- Any additional treatments or services not mentioned

Note: Itinerary and transportation changes, including delays, may occur or be modified for unforeseeable reasons, such as weather, airline, among other reasons.



RATES



SOMATHEERAM AYURVEDIC HEALTH RESORT

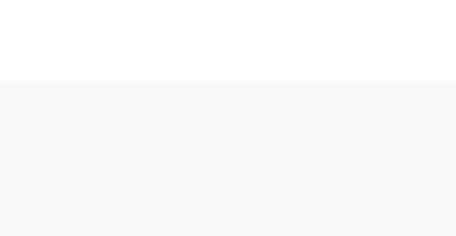
USD \$ 2,850.00

OPTIONAL (AGRA, VRINDAVAN AND DELHI)

USD \$ 1,170.00

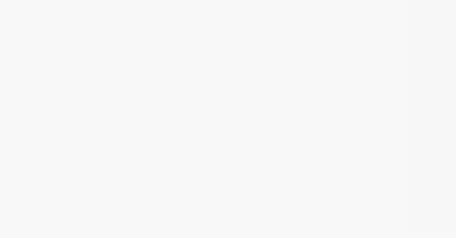
SOMATHEERAM AND AGRA + VRINDAVAN + DELHI

USD \$ 4,020.00



ANDRÉ ELKIND

Graduated in Management at Maharishi University of Management, André acts as a coach in the areas of stress management and conscious leadership. In 2013 he founded Mantri, consulting services to individuals and companies, with the objective to lead a happier and healthier life through coaching, lectures, workshops, courses and retreats. André maintains a daily practice of meditation, yoga and breathing since 1991.



LUCIANA FERRAZ

Luciana is an Ayurvedic Wellness & Health Counselor, Integrative Nutrition Health Coach and Yoga teacher. She empowers clients to implement healthier lifestyle, hence allowing the body's natural ability to heal itself and work to its greatest potential. She has a degree in Ayurvedic Wellness from Sai Ayurvedic College in Miami, an Integrative Nutrition Health Coach from The Institute of Integrative Nutrition in NYC, Yoga Alliance and Evolutionary Global Prana Vinyasa Yoga certifications, and has completed the Gurukul Program from the Institute of Ayurveda in Pune - India. She also holds a bachelor's degree from Rollins college.

