



TOUR TRIPS INDIA HOLIDAYS · DETAILED ITINERARY

Yoga, Ayurveda & Wellness Retreat

10 days of yoga in Rishikesh + Ayurveda detox in Kerala — body & soul reset.

Duration	10 Days · 9 Nights
Country	India
Locations	Delhi, Rishikesh, Cochin, Alleppey
From (USD)	\$1325 per person
Difficulty	Easy
Max group	10

Overview

Two transformative weeks. First the spiritual home of yoga — Rishikesh — with daily 6 AM sessions, meditation and Ganga aarti. Then south to Kerala for an authentic Panchakarma Ayurveda program at a CGHS-approved wellness centre.

Highlights

- Daily 6 AM Hatha Yoga at Parmarth Niketan ashram
- Private meditation by the Ganges
- 5-day Ayurveda Panchakarma in Kerala
- Personalized Ayurveda diet & herb consultation
- Beatles Ashram visit
- Evening Ganga aarti

Day-by-Day Itinerary

Day 1 — Arrive Delhi → Rishikesh

Welcome and drive to Rishikesh — 'yoga capital of the world'.

Stay: Ananda in the Himalayas (or Atali) | **Meals:** Welcome sattvic dinner | **Transfer:** AC sedan | **Distance:** Delhi → Rishikesh · 240 km · 5 hrs

Day 2 — Rishikesh — yoga day

6 AM hatha yoga, breakfast, ashram orientation. Beatles Ashram afternoon. Evening Ganga aarti at Triveni Ghat.

Stay: Ananda | **Meals:** Breakfast, lunch, sattvic dinner | **Transfer:** Walking + auto | **Distance:** Local

Day 3 — Yoga + Lakshman Jhula

6 AM ashtanga session. Walk across Ram Jhula + Lakshman Jhula bridges. Optional white-water rafting.

Stay: Ananda | **Meals:** All meals sattvic | **Transfer:** Walking | **Distance:** —

Day 4 — Yoga + meditation retreat day

Morning yoga, sound bath, silent walk along Ganges.

Stay: Ananda | **Meals:** All meals | **Transfer:** — | **Distance:** —

Day 5 — Rishikesh → Cochin (flight via Delhi)

Long travel day. Arrive Cochin evening.

Stay: Brunton Boatyard Cochin | **Meals:** Breakfast | **Transfer:** Flight + sedan | **Distance:** Air

Day 6 — Cochin → Kumarakom Ayurveda Resort

Drive to Kumarakom on Vembanad Lake. Initial Ayurveda consultation with resident doctor — your Panchakarma program is customized.

Stay: Kumarakom Lake Resort (CGHS Ayurveda) | **Meals:** Ayurvedic breakfast | **Transfer:** AC sedan | **Distance:** Cochin → Kumarakom · 75 km · 2 hrs

Day 7 — Panchakarma Day 1

Abhyanga full-body massage + Shirodhara (warm-oil forehead drip). Yoga, meditation, prescribed meals.

Stay: Kumarakom | **Meals:** Ayurvedic full board | **Transfer:** — | **Distance:** —

Day 8 — Panchakarma Day 2

Pizhichil + Njavarakizhi. Backwater meditation cruise.

Stay: Kumarakom | **Meals:** Ayurvedic full board | **Transfer:** — | **Distance:** —

Day 9 — Panchakarma Day 3 + leisure

Final massage + herb prescription session. Evening at leisure.

Stay: Kumarakom | **Meals:** Ayurvedic full board | **Transfer:** — | **Distance:** —

Day 10 — Cochin → Departure

Drive to Cochin airport.

Stay: — | **Meals:** Breakfast | **Transfer:** AC sedan | **Distance:** Kumarakom → Cochin · 75 km

Inclusions

- ✓ 8 nights premium accommodation
- ✓ All meals — sattvic & Ayurvedic
- ✓ Daily yoga & meditation
- ✓ 5 Ayurveda sessions (Abhyanga, Shirodhara, Pizhichil, etc.)
- ✓ Ayurveda doctor consultation
- ✓ All transfers + 1 internal flight
- ✓ Personalized herb prescription

Exclusions

- ✗ International flights
- ✗ Visa
- ✗ Optional supplementary treatments
- ✗ Tips