

Ayurveda Heritage & nature Package

8 Days
Itinerary

Day 1

Pick up from airport
Check in at hospital
Doctor's consultation
Village tour
Rest

Day 2

Yoga & meditation
Ayurvedic treatment
1.abhyangam(massage with medicated oils)
2.takradhara
Rest
Spend the rest of day knowing Kathakali
From make-up to performance

Day 3

Yoga & meditation
Ayurvedic treatment
1.abhyangam
2.nasyam
2.medicated steam bath
Spend the day with elephants at konni elephant rehabilitation centre
Elephant safari

Day 4

Yoga & meditation
Ayurvedic treatment
1.abhyangam
2.sirodhara
Visit to mural arts gallery
Snake boat visit

Day 5

Yoga & meditation
Ayurveda treatment
1.abhyangam
2.podikizhi(powder massage)
Ecotourism-konni
Trekking
Boating



Day 6

Yoga & meditation
Ayurveda treatment
1.abhyangam
2.elakizhi(medicinal leaf poultice massage)
Rest

Day 7

Yoga & meditation
Ayurveda treatment
1.abhyangam
2.njavarakizhi(rice poultice massage)
Alappuzha house boating and backwater tours.

Day 8

Yoga & meditation
Ayurveda treatment
1.abhyangam
2.steambath

Checkout
Airport drop

Package includes

- 1.7 night Stay, airconditioned room with wifi .
 - 2.Organic ayurvedic diet-breakfast, lunch and dinner.
 - 3.Airport pick up and drop.
 - 4.local tours and entry fees.
 5. Yoga for 7 days
 6. Ayurveda treatment as per itinerary for 7days
 7. Ayurvedic medicines used during the period of stay
- Package doesnot include.
1. Additional treatments taken

Total cost

1. Single person- ₹ 50000
2. Twin sharing- ₹ 80000

