

# BALANCE & BLISS

FROM  
17 NIGHTS



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***Kaivalya***  
wellness sojourns by AndThen travels



## COCHIN | 3 Nights

Set foot into Fort Kochi and you will be instantly transported to a different time period. This place is steeped in the history and culture of all who have occupied it through the ages. Its roots and essence are unique in its diversity. Set on a magnificent estuary, serene Kochi has been drawing traders, explorers and travellers to its shores for over 600 years. Nowhere else in India could you find such an intriguing mix: giant Chinese fishing nets, a 450-year-old synagogue, ancient mosques, Portuguese and Dutch colonial-era houses, and the crumbling remains of the colonial British Raj.

### HOTEL ENVISAGED



### HIGHLIGHTS

- Fort Kochi Harbor
- Mattancherry Dutch Palace
- Jewish Synagogue
- Sunset cruise

TAJ MALABAR/ SIMILAR

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# PALAKKAD | from 14 Nights

Palakkad is a blessed land that boasts of lush green paddy fields, mist-drenched mountain ranges, dense forest ranges where rare flora and fauna flourish and even majestic monuments that stand as testimonies to various by-gone eras. Apart from being a land where you can relax and rejuvenate leisurely, Palakkad is also rich in heritage and culture. Some of the most influential and popular art forms in Kerala like Kathakali and Carnatic music are widely performed and taught throughout the region. Palakkad is also home to many historic architectural marvels that have endured through generations.

## ACCOMMODATION ENVISAGED



## HIGHLIGHTS

- Ayurveda program
- Cultural programs
- Yoga

## KALARI KOVILAKOM

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# KALARI KOVILAKOM

Located near Kollangode in the Palghat District of North Kerala, India, and fringed on one side by the majestic Western Ghat mountain ranges, Kalari Kovilakom the 200-year-old palace, is where history meets natural tranquillity. Belonging to the Vengunad chieftains, the Kalari Kovilakom Palace was originally surrounded by land rich with Venga trees that have healing properties. Set within the palace grounds of the old Vengunad kingdom, Kalari Kovilakom offers 19 well-appointed rooms with modern amenities and a clinic with 12 treatment rooms. The living spaces and the gardens at Kalari Kovilakom complements the healing process with its nurturing and warm environment and an unobtrusive, quiet adherence to discipline.

Since the Vengunad kings were patrons of the classical arts - especially Kathakali dance and Carnatic music — such cultural programmes are an essential part of the daily ritual at Kalari Kovilakom. Dance and music performances, with the use of traditional Indian instruments such as mrudangam, flute, violin, harmonium etc depicting mythological stories are a way of life here as in early times.

**Programs** - Complete Detox (21 to 28 days) | Stress Management (14 to 28 days) | Weight Management (21 to 28 days) | Ayurveda Immunity Boosting (starting at 14 days) | Healthy Ageing ( 21- 28 Days)

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# TOUR COST & BOOKING INFORMATION

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## PRICE DETAILS

**FROM EURO 9750 P.P**

Prices are in EURO per person and exclude international flights. This trip price is based on double accommodation and may change depending on availability of hotels, currency fluctuations and number of people traveling together.

*This is only a Quotation & NO BOOKINGS HELD. Contact us to customize this itinerary and for final cost.*

## BOOKING AND PAYMENT

*To secure your reservation, a non-refundable deposit is required at the time of confirmation. The remaining balance must be paid in full as per the specified deadline communicated by the company.*

*Detailed booking information will be provided at the time of confirmation*

## TRAVEL INSURANCE

*It is mandatory to have valid travel insurance that covers medical expenses, trip cancellation, and personal belongings.*

## PASSPORT AND VISA REQUIREMENTS

*Guests are responsible for ensuring they possess a valid passport with a minimum validity of six months from the date of entry into India. Guests must obtain the necessary visas or travel permits required for entry into India before the trip commence.*



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