

# PATH TO WELLNESS

FROM  
17 NIGHTS



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*Kaivalya*

*wellness sojourns by AndThen travels*





## GOA | 3 Nights

Goa's legendary allure is its white sandy beaches and glittering blue seas. Goa may be one of India's smallest states, but it is also its richest! Goa boasts a heady blend of colonial heritage and Indian culture mixed with modern Western influence. Expect herds of cows wandering through incredible historic and religious architecture. Goa's unique culture can be found in its own delicious cuisine, fashion and even sweet coconut liquor! Lap up this free-spirited destination with the easy charm of friendly locals, laid back beachside afternoons, or at evening tropical beach parties.

### HOTEL ENVISAGED



### HIGHLIGHTS

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

LEELA/ SIMILAR





## GOKARNA | from 14 Nights

Gokarna, a small pilgrimage town in Karnataka has grown into a tourist destination over the years, thanks to its stretch of beautiful, sandy beaches. Situated on the coast of Karwar, every year Gokarna welcomes hordes of tourists from around the world in search of sanctity and relaxation. The out-of-town beaches like Kudle beach and Om Beach are a different contrast to life inside the town. The beaches are meant for a slow, relaxed holiday and everything on the beach goes at the same relaxed pace. Full of coconut and palm trees, Gokarna is a 'one of a kind' place in the country.

### HOTEL ENVISAGED



### HIGHLIGHTS

- Ayurveda program
- Meditation
- Yoga
- Nature Trails & Bird Watching
- Art Studio

### SWASWARA





# SWASWARA

SwaSwara means your inner voice and true to its name, this is a place of natural harmony to release, refocus and recalibrate the self.

Situated on Om beach, there is little, apart from the rhythm of the rolling waves and the melodious hum of birdsong, to disturb you in this peaceful sanctuary. Crafted in colours of the Earth, and in harmony with the land that nurtures her, SwaSwara is designed for a transformational experience; a space where the beauty of the ocean and the magnificence of the wilderness come together with the healing touch of Ayurveda, the calming strength of Yoga, the joy of art exploration and more.

SwaSwara is a sanctuary for your Prakruti or the innermost nature of an individual - that special blend of qualities and features that grant it uniqueness! Its goal is to offer a time away from all the clutter in your life and transport you into a nurturing space that is calming, renewing and exhilarating for you and your loved ones.

**Programs** - Ayurveda Detox (from 14) | Panchakarma (from 21 days)





# TOUR COST & BOOKING INFORMATION

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## PRICE DETAILS

**FROM EURO 7800 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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