

# REJUVENATE & RESTORE

FROM  
12 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





## PANCHALIMEDU | from 7 Nights

Legend has it that the mythical heroes Pandavas along with their wife Panchali took shelter at Panchalimedu during their exile; and hence the name Panchalimedu - medu meaning hill. generations. The towering gates at Panchalimedu mark the entrance of the hill station. As with other destinations in Idukki, the cool weather makes it appealing all year round. What wins people over at Panchalimedu apart from the ambience is the tourist-friendly design. With walkways, benches, ramps for the specially-challenged, rain shelters, restrooms and solar lighting, visitors of all ages are sure to feel welcome here.

### ACCOMMODATION ENVISAGED



### HIGHLIGHTS

- Yoga
- Naturopathy
- Meditation

### PRAKRITI SHAKTI





# PRAKRITI SHAKTI

When nature is the healer, your healing starts from within and touches the physical, mental and spiritual planes of well-being. This holistic approach brings about cure in its true sense. The kind of healing where your body and mind are both repaired and rejuvenated, where the root cause of your ailment is treated and not merely the symptoms that manifest as diseases. As much as Prakriti Shakti is about finding the root cause of the symptom, it is also about preventive cure.

In Prakriti Shakti, a physician's role is not restricted to attending to the medical needs of the patient. The doctor helps you understand your body, mind and spirit, introduces you to the innate healing force and handholds you through the healing process. For this process the physicians harness the elements of nature along with the teachings of yoga and meditation.

**Programs** - Naturopathy Detox- Stage 1 (7 days) | Hyper Tension (14 days) | High Cholesterol ((14 days) | Stress Induced Disorders (14 days) | Treatment for Diabetes (21 days) | Weight Management (21 days) | Treatment for Obesity (28 days) | Cardiac Health (35 days) | Punarjani - rebirth from ailments (42 days)





## KUMARAKOM | 2 Nights

Kerala's famous backwaters are a labyrinthine network of tree-fringed lagoons, idyllic lakes, and river systems, running parallel to the Arabian Sea along the Malabar coast. Quaint towns and charming villages dot the banks of these interconnected canals. This unique ecosystem is home to a diverse variety of flora and fauna. The heart of Kerala's backwaters is the vast Vembanad lake and the intimate Ashtamudi lake. Cruising down the tranquil backwaters aboard traditional kettuvallams or houseboats is a quintessential Kerala experience, especially enhanced by local seafood and complemented by the region's iconic palm wine.

### HOTEL ENVISAGED



### HIGHLIGHTS

- Houseboat Cruise,
- Village Life
- Local Culture

### KUMARKOM LAKE RESORT



# TOUR COST & BOOKING INFORMATION

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## PRICE DETAILS

**FROM EURO 4500 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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Phone (India): +91 8129271155  
email: [travel@andthentravels.com](mailto:travel@andthentravels.com)  
[www.andthentravels.com](http://www.andthentravels.com)