

## **Kerala Ayurveda Harmonising Programme for Body,Mind & Soul Packages – KAP- HM02**

**28 Nights / 29 Days Harmonising Programme for Body,Mind & Soul at Lake Song Resort Kumarakom as under:**

Day 01

Morning Arrival at Cochin

Transfer to Kumarakom (travel time 140 mins)

Check into Lake Song Resort

Rest & Relaxation

Consultation with Doctor

Overnight stay at the resort

Day 02

Day at leisure

One hr Yoga session

Harmonising Treatment

Overnight stay at the resort

Day 03

Day at leisure

One hr Yoga session

Harmonising Treatment

Overnight stay at the resort

Day 04

Day at leisure

One hr Yoga session

Harmonising Treatment

Overnight stay at the resort

Day 05

Day at leisure

One hr Yoga session

Harmonising Treatment

Overnight stay at the resort

Day 06

Day at leisure

One hr Yoga session

Harmonising Treatment

Overnight stay at the resort

Day 07

Day at leisure

One hr Yoga session

Harmonising Treatment  
Overnight stay at the resort

Day 08  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 09  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 10  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 11  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 12  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 13  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 14  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 15

Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 16  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 17  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 18  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 19  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 20  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 21  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 22  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 23  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 24  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 25  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 26  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 27  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 28  
Day at leisure  
One hr Yoga session  
Harmonising Treatment  
Overnight stay at the resort

Day 29  
One hr Yoga session  
12:00 hrs- checkout of the resort  
Proceed to Cochin (travel time -140 mins)  
Drop at Railway station / Airport  
Departure

**Price** : Rs.3,36,400 / EUR 5800 for TWO Persons in an A/c Punnamada Room - **For Travel dates till 30 Sep 2010**

**Price** : Rs.2,64,700 / EUR 4564 for ONE Person in an A/c Punnamada Room - **For Travel dates**

till 30 Sep 2010

**Price** : Rs.3,91,600 / EUR 6752 for TWO Persons in an A/c Ashtamudi Room - **For Travel dates till 30 Sep 2010**

**Price** : Rs. 2,86,250 / EUR 4936 for ONE Person in an A/c Ashtamudi Room - **For Travel dates till 30 Sep 2010**

**Price** : Rs.4,51,250 / EUR 7780 for TWO Persons in an A/c Punnamada Room - **For Travel dates from 01 Oct 10 to 31 Mar 2011**

**Price** : Rs.3,15,200 / EUR 5434 for ONE Person in an A/c Punnamada Room - **For Travel dates from 01 Oct 10 to 31 Mar 2011**

**Price** : Rs.4,72,800 / EUR 8152 for TWO Persons in an A/c Ashtamudi Room - **For Travel dates from 01 Oct 10 to 31 Mar 2011**

**Price** : Rs. 3,36,750 / EUR 5806 for ONE Person in an A/c Ashtamudi Room - **For Travel dates from 01 Oct 10 to 31 Mar 2011**

The cost of the above tour package is as follows :

The package cost is inclusive of the following :

Accommodation

Ayurvedic treatment (subject to body texture)

Daily 01 hr yoga session

Ayurvedic Vegetarian food ( breakfast, Lunch, Dinner )

Consultation with Ayurvedic Doctor

Airport / Railway station - hotel transfers in a chauffeur driven A/c Indica car

All applicable taxes.

NB- Above therapy generally includes Snehapanam, Oil Massages, Ksheera Dhara ,

**ThakraDhara, Abhyanga Snana** , Elakizhi, Podikizhi, Njavarakizhi,

Sirovasthy,Sirodhara etc.

Snehapanam- Medicated herbal oils or ghee preparations are given orally as a therapeutic procedure / preparatory process

Oil massages- Body massage with oil

**Abhyanga Snana** - Full Body massage with medicated Bath

Njavarakizhi- Special massage programme in which body is rubbed with boluses containing njavara rice.

Sirovasthy- Lukewarm medicated oil is poured in to a cap fitted round the head

Elakizhi- A bolos bag massage with medicinal leaves

Podikizhi- Ayurvedic massage treatment with herbal powders

Sirodhara- A mixture of herbal oils or medicated milk or medicated buttermilk is poured on to the forehead

Ksheera Dhara - After giving a full body massage medicated milk is poured all over the body using a specially made vessel called Kindi.

**Takra Dhara**- Medicated buttermilk is poured on the forehead or the whole body in a rhythmic way.

Everyday the client has to take Ayurvedic herbal medicines and should follow the special diet

plan prescribed by the Physician. It is not always possible to book the time slot in advance. Hence the time will only be announced at time of consultation on the first day.

The treatment type and schedule shall be changed as per the health condition of the client and as directed by the Physician. Any other treatment prescribed by the Doctor will be charged extra which must be settled direct at time of check-out. It is advisable to show one's medical history to the doctor during consultation to help plan for best results, taking into consideration any specific problems.

The pick-up & drop shall be at Cochin for the above package. If the travel is by train you have to alight at Ernakulam railway station. The above package cost is VALID for the travel dates till 30 Sep 2009.

Please note this is just an offer, no reservation made yet, therefore you are kindly requested to advise your acceptance in order to proceed with reservation according to availability.

Classification of hotels/resorts and category of rooms for the above program is as under:  
Lake Song resort, Kumarakom - Deluxe Backwater resort - A/c Punnamada room

For reservations please forward us the exact arrival date. 25 % of the total package cost has to be deposited as advance payment, on confirmation of the package, and the balance payment, On Arrival Payment can be made by Fund Transfer/ Credit or Debit Card Online/Offline. Optionals are NOT part of the package cost. The check-in / out time of the resort is at 12 noon.

**Mobile Helpline nos:**

[ 09:30 Hrs - 18:00 Hrs IST / 08:00 Hrs - 13:00 Hrs GMT ] – **Week days only**

+91 - 999 583 08 32, 999 583 08 33, 999 583 08 34, 999 583 08 35, 944 707 9178, 944 778 36 96

[ 09:30 Hrs - 22:00 Hrs IST / 08:00 Hrs - 18:30 Hrs GMT ] – **All days**

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