

Kerala Ayurveda Rejuvenation Package – KAP-R18

13 Nights / 14 Days Kerala Ayurveda Rejuvenation Package at The Zuri , Kumarakom

Day 01

Arrival at Cochin

Transfer to Kumarakom (travel time -140 mins)

Check into the Zuri resort

Rest & Relaxation

Consultation with the doctor

Overnight stay at the deluxe backwater resort

Day 02

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe backwater resort

Day 03

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe backwater resort

Day 04

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe backwater resort

Day 05

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe backwater resort

Day 06

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe backwater resort

Day 07

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe backwater resort

Day 08

Ayurveda Programme

Day at leisure

Overnight stay at the deluxe backwater resort

Day 09
Ayurveda Programme
Day at leisure
Overnight stay at the deluxe backwater resort

Day 10
Ayurveda Programme
Day at leisure
Overnight stay at the deluxe backwater resort

Day 11
Ayurveda Programme
Day at leisure
Overnight stay at the deluxe backwater resort

Day 12
Ayurveda Programme
Day at leisure
Overnight stay at the deluxe backwater resort

Day 13
Ayurveda Programme
Day at leisure
Overnight stay at the deluxe backwater resort

Day 14
12noon – Checkout of the resort
Transfer to Cochin (travel time -140 mins)
Drop at Airport /railway station
Departure

Price : Rs. 1,74,000 / EURO 2900 for TWO Persons in an A/c Zuri rooms - For Travel dates till 30 Sep 2011

Price : Rs. 1,36,200 / EURO 2270 for ONE Person in an A/c Zuri rooms - For Travel dates till 30 Sep 2011

The package cost is inclusive of the following :

Accommodation

Breakfast , lunch & dinner at the resort (Special Ayurveda vegetarian diet)

Ayurveda treatments

Arrival and departure transfer in an A/c Car

All applicable taxes .

The treatment consists of one treatment perday Yoga/ meditation , Fitness program ,
Rejuvenation Massage/Pizhichil /Marma Massage /Shirodhara/ Patra Podala Swedanam/
Njavarakizhi .

NB: Treatments will be fixed only after the consultation with the doctor on arrival.

The pick-up & drop shall be at Cochin (Kochi)

25 % of the total package cost has to be deposited as advance payment, on confirmation of the package, and the balance payment, while in kerala. Payment can be made by Cash/ Cheque / Demand Draft

Mobile Helpline nos:

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

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

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