

# **Kerala Ayurveda Rejuvenation Package – KAP-R19**

**21 Nights / 22 Days Kerala Ayurveda Rejuvenation Package at The Kalari  
Kovilakom , Palghat (Palakkad)**

Day 01

Arrival at Cochin

Transfer to Palakkad (travel time -04 hrs)

Check into Kalari Kovilakom Resort

Rest & Relaxation

Consultation with the Ayurveda Doctor

Overnight stay at the Palace

Day 02

Ayurveda Programme

Day at leisure

Overnight stay at the Palace

Day 03

Ayurveda Programme

Day at leisure

Overnight stay at the Palace

Day 04

Ayurveda Programme

Day at leisure

Overnight stay at the Palace

Day 05

Ayurveda Programme

Overnight stay at the Palace

Day 06

Ayurveda Programme

Evening Cultural programme

Overnight stay at the Palace

Day 07

Ayurveda Programme

Overnight stay at the Palace

Day 08

Ayurveda Programme

Overnight stay at the Palace

Day 09

Ayurveda Programme

Overnight stay at the Palace

Day 10

Yoga programme

Ayurveda Programme

Overnight stay at the Palace

Day 11

Ayurveda Programme

Evening Cultural programme

Overnight stay at the Palace

Day 12

Ayurveda Programme

Overnight stay at the Palace

Day 13

Ayurveda Programme

Overnight stay at the Palace

Day 14

Ayurveda Programme

Overnight stay at the Palace

Day 15

Ayurveda Programme

Overnight stay at the Palace

Day 16

Yoga programme

Ayurveda Programme

Overnight stay at the Palace

Day 17

Ayurveda Programme

Overnight stay at the Palace

Day 18

Ayurveda Programme

Evening Cultural programme

Overnight stay at the Palace

Day 19

Ayurveda Programme

Overnight stay at the Palace

Day 20  
Ayurveda Programme  
Overnight stay at the Palace

Day 21  
Ayurveda Programme  
Overnight stay at the Palace

Day 22  
12.00hrs -Checkout of the resort  
Transfer to Cochin (travel time-04 hrs)  
Departure

The cost for the above package is as given under :

**Price** : Rs. 6,73,600 / EURO 10286 for TWO Persons in Kovilakom Suite - For Travel dates till 31 Dec 2011

**Price** : Rs. 4,40,500 / EURO 6727 for ONE Person in Kovilakom Suite - For Travel dates till 31 Dec 2011

**Price** : Rs. 8,42,800 / EURO 12,870 for TWO Persons in Vengunad Suite - For Travel dates till 31 Dec 2011

**Price** : Rs. 6,12,950 / EURO 9360 for ONE Person in Vengunad Suite - For Travel dates till 31 Dec 2011

The package cost is inclusive of the following :

Accommodation in the Palace,

All Ayurvedic diet meals,

All Treatments and Therapies that may be prescribed by the “Vaidyan”,

Ayurveda Life Programmes which include Yoga, Meditation, Talks, Cultural Programmes

Any other events on offer at the time of stay

Arrival & departure transfer in an A/c Car

All applicable taxes .

The package rates includes the cost of all consultations, treatments, massages, oils, herbs, accommodation, Yoga, meditation, food and the clothes we provide for you on arrival.

The only extras you would be paying would be those medicines that you may carry with you to further continue your medication (as recommended by our Ayurveda doctors) after leaving Kalari Kovilakom .

**The pick-up & drop shall be at Cochin/Coimbatore.**

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

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**

+91 - 999 583 08 32, 999 583 08 33, 999 583 08 34, 999 583 08 35, 944 707 9178, 944 778 3696

[ 09:30 Hrs - 22:00 Hrs IST / 08:00 Hrs - 18:30 Hrs GMT ] – **All days**  
+91 - 999 583 08 33, 944 707 91 78