

Kerala Ayurveda Spine & Neck Care Package – KAP-SN09

13 Nights / 14 Days Kerala Ayurveda Spine & Neck Care 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

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe backwater resort

Day 08

Treatment as suggested by the doctor

Day at leisure

Overnight stay at the deluxe backwater resort

Day 09

Treatment as suggested by the doctor

Day at leisure
Overnight stay at the deluxe backwater resort

Day 10
Treatment as suggested by the doctor
Day at leisure
Overnight stay at the deluxe backwater resort

Day 11
Treatment as suggested by the doctor
Day at leisure
Overnight stay at the deluxe backwater resort

Day 12
Treatment as suggested by the doctor
Day at leisure
Overnight stay at the deluxe backwater resort

Day 13
Treatment as suggested by the doctor
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.2,13,350 / Euro 3556 for TWO Persons in an A/c Zuri rooms - For Travel dates till 30 Sep 2011

Price : Rs. 1,64,200/ Euro 2737 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

Personalized 45 minutes Yoga/Meditation every morning at the Body Temple

45 minutes boat cruise on Lake Vembanad on one day

Complimentary usage of Steam, Sauna, Jacuzzi and gymnasium

Arrival and departure transfer in an A/c Car

All applicable taxes .

The treatment consists of one treatment perday Yoga session , Patra Podala Swedanam /Pizhichil /Marma Massage / 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**

+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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