

## **Kerala Ayurveda Wellness Program Package – KAP- WP03**

**13 Nights / 14 Days Ayurveda Wellness Program Package at Zuri Resort Kumarakom as under:**

Day 01

Morning Arrival at Cochin  
Transfer to Kumarakom (travel time 140 mins)  
Check into the Zuri Resort  
Rest & Relaxation  
Consultation with Doctor  
Overnight stay at the resort

Day 02

Morning Walk  
One hr Yoga session  
Wellness Treatment  
Overnight stay at the resort

Day 03

Morning Walk  
One hr Yoga session  
Wellness Treatment  
Evening boat ride(optional)  
Overnight stay at the resort

Day 04

Morning Walk  
One hr Yoga session  
Wellness Treatment  
Bicycle ride  
Overnight stay at the resort

Day 05

Morning Walk  
One hr Yoga session  
Wellness Treatment  
Overnight stay at the resort

Day 06

Morning Walk  
One hr Yoga session  
Wellness Treatment  
Village cycle ride  
Overnight stay at the resort

Day 07

Morning Walk  
One hr Yoga session  
Wellness Treatment  
Overnight stay at the resort

Day 08  
Morning Walk  
One hr Yoga session  
Wellness Treatment  
Overnight stay at the resort

Day 09  
Morning Walk  
One hr Yoga session  
Wellness Treatment  
Overnight stay at the resort

Day 10  
Morning Walk  
One hr Yoga session  
Wellness Treatment  
Overnight stay at the resort

Day 11  
Morning Walk  
One hr Yoga session  
Wellness Treatment  
Overnight stay at the resort

Day 12  
Morning Walk  
One hr Yoga session  
Wellness Treatment  
Overnight stay at the resort

Day 13  
Morning Walk  
One hr Yoga session  
Wellness Treatment  
Overnight stay at the resort

Day 14  
One hr Yoga session  
Wellness Treatment  
12:00 hrs- checkout of the resort  
Proceed to Cochin (travel time -140 mins)

Drop at Railway station / Airport  
Departure

The cost of the above tour package is as follows :

**Price** : Rs.161400 / EURO 2690 for ONE Person in an A/c Zuri room - For Travel dates till 30 Sep 2011

**Price** : Rs.205750 / EURO 3429 for TWO Persons in an A/c Zuri room - For Travel dates till 30 Sep 2011

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 Rejuvenation Massage, Marma Massage, Javanese Massage, Shirodhara, Balinese Massage, Deep Tissue Massage, Patra Podala Swedanam etc

Rejuvenation Massage - A full body oil massage

Marma Massage - Full body massage with warm medicated oil and stimulating or massaging the marma points on the body.

Javanese Massage - An oil-based massage where deep thumb & Palm pressures pushing, pressing , circling , squeezing along and around the body

Shirodhara - Medicated Oil is poured over the forehead at a specific temperature with a dhara or stream

Balinese Massage - A relaxation massage including skin rolling, kneading and stroking, acupressure and reflexology and essential oils.

Deep Tissue Massage - A type of massage therapy that focuses on realigning deeper layers of muscles and connective tissue.

Patra Podala Swedanam - A full body massage using processed medicinal leaves which are packed into a sack and warmed in medicated oil

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.

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:

Zuri resort, Kumarakom - 05 star resort - A/c Zuri rooms

For reservations please forward us the exact arrival date. 50 % of the total package cost has to be deposited as advance payment, on confirmation of the package , and the balance payment, to the closer days of 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 time of the resort is at 1400 hrs and check 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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