

AYURVEDA

Ayurveda means knowledge of life in Sanskrit. The word AYUR literally means ' life ' and VEDA means ' knowledge '. It is an intricate system of natural healing indigenous to India and Kerala in particular dating back to 5000 years which now enjoys a resurgence in both India as well as the rest of the World. It has its origins in the Vedic culture of India and some say, it was a secret revealed to the sages by Brahma, the Creator. Ayurveda is designed to help people stay healthy while realizing their full human potential treating the cause of the disease by eradicating it and enhancing immunity. Providing guidelines on ideal daily and seasonal routines, diet, behaviour and proper use of our senses reminding us health is a dynamic integration between environment, body, mind and spirit.



Ayurveda recognises human beings are part of nature and made up of 'five' elements. These are Ether (space), Air, Fire, Water & Earth. They combine to create three fundamental energies that govern our bodies which are Vata, a combination of ether and water, a force that controls that directs nerve impulses, circulation, respiration and elimination. Pitta, the equilibrium between fire and water which controls digestion and Kapha is the combination of water and earth responsible for growth and immunity. Each of us has a unique proportion of these three elements that shape our nature. If Vata is dominant, we tend to be thin, light, enthusiastic, energetic and flexible. If Pitta is dominant, we tend to be intense, intelligent, goal-oriented with a strong appetite for life. When Kapha prevails, we tend to be easy going, methodical and nurturing. Ayurveda therefore treats each individual to remove any imbalances and treats disease by eliminating the underlying cause through a system of intervention using nutrition, lifestyle changes, herbs, oils, massages, music and meditation to re-establish the natural balance.



Ayer Pak - The Healthy Way of Holidaying & Leisure

Day 01 Trivandrum – Kovalam

On arrival, you will be met by our representative and transferred to the Ayurvedic beach hotel at Kovalam. Afternoon visit the Ayurvedic centre for consultation and Rejuvenation Therapy*. Overnight at Resort.

Kovalam is reckoned as the most trendy beach retreat in India. A combination of three small beaches, Kovalam, meaning "a groove of coconut trees," is just 16 km from the state capital of Kerala - Thiruvananthapuram. The sheltered natural bay, the azure blue waters and the sumptuous spread of green palm groves make it a tropical paradise of sorts.



Day 02 – Kovalam (Treatment + Trivandrum Sightseeing)

Morning visit Ayurvedic Centre for Therapy. Later proceed for a City Tour of Trivandrum, to explore Padmanabaswami Temple, Zoological Park, Napier Museum, Sri Chitra Art Gallery etc. Trivandrum, the capital of the state of Kerala, is a beautiful seaside city built on seven hills. The city gets its name from the word, Thiruvananthapuram meaning the city of Ananth or the abode of the sacred serpent Ananth, on which Lord Vishnu, the presiding deity of the town, reclines. Evening at leisure at the Beach. Overnight at Resort.



Being the capital city of Kerala, Trivandrum is surrounded by seven hills and endorses ancient and modern style of architecture. Visit, *Napier Museum*, which houses a rare collection of archaeological and historic artifacts, bronze idols, ancient ornaments, a temple chariot, ivory carvings and life-size Kathakali dancers; *Sree Chitra Art Gallery*, which display a century old world famous paintings of Raja Ravi Varma.

Kuthiramalika Palace Museum, with rare specimen of workmanship in traditional Travancore style of architecture has exquisite woodcarvings.

Day 03 – Kovalam (Treatment + Kanyakumari Visit)

Morning visit Ayurvedic Centre for Therapy. Later proceed for a day trip to Kanyakumari (Cape Comerin). Enroute visit Padmanabhapuram Palace & Sucheendram Temple. Afternoon, sightseeing of Kanyakumari including Vivekananda Rock, Kumari Amman Temple etc. Evening enjoy the sunset & drive back to Kovalam. Overnight at Resort.

Kanyakumari is the only place in India where one can enjoy the unique experience of watching the sunset and moonrise simultaneously on a full moon evening. Explore, Gandhi Memorial, Swami Vivekananda Rock memorial, Kumari Amman Temple & Tiruvalluvar Statue.

Sucheendram Temple, has a beautiful gopuram, musical pillars and an excellent statue of the Hanuman, apart from a valuable collection of art from different periods. **Padmanabhapuram Palace**, a magnificent wooden palace of the 16th century, is a fine specimen of Kerala's indigenous style of architecture.



Day 04 – Kovalam (Treatment + Varkala Visit)

Morning visit Ayurvedic Centre for Therapy. Later take a drive to Varkala Beach for a lunch or at leisure at Kovalam Beach. Varkala is known for its beautiful beaches and a Vishnu Shrine dedicated to Lord Janardhana which is believed to be 2000 years old. Varkala, the seaside resort with mineral water springs is known as Papanasam Beach (Papanasam means destruction of sins). Return to Kovalam by evening. Overnight at Resort.



Day 05 – Kovalam (Treatment+Leisure)

Morning visit Ayurvedic Centre for Therapy. Rest of the day at leisure at Kovalam Beach. Overnight at Resort.

Kovalam was a small, sleepy village. It lay in humble obscurity along the picturesque coast of Kerala. Then around 1930, this little village was unexpectedly shaken out of its lethargic slumber and thrust on the international tourist map. The vendors of holiday dreams along the sea had discovered the fabulous silver sands and palm-fringed shores of



Kovalam. From then onwards, there was no looking back. From sun bathing to swimming, Ayurvedic rejuvenation to yoga and meditation, herbal body toning massages to special cultural programmes and catamaran cruising, holidays in Kovalam is a tourist delight. The Kovalam lighthouse beach is where most visitors spend their time.



Day 06 – Kovalam (Treatment+Leisure)

Morning visit Ayurvedic Centre for Therapy. Rest of the day at leisure at Kovalam Beach. Overnight at Resort.

Day 07 – Kovalam (Treatment + Leisure)

Morning visit Ayurvedic Centre for Therapy* and final consultation with your Physician for taking advice on your lifestyle modification which will help you to maintain the benefit you gained from the week long program. Rest of the Day at leisure on the beach. Overnight at Resort.

Day 08 – Trivandrum Departure

Like all good things, your rejuvenating experience comes to an end but you will always carry with you the warmth and freshness of this unique and unforgettable experience. Today you will be assisted and transferred to Trivandrum International airport for your flight home!!



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