



17 Day PRANA HEALING HOLIDAY ITINERARY:

Personal: *dates depending on requirements*

HIGHLIGHTS:

- Consultation and treatment with Ayurvedic Doctor, *Dr Aju George BAMS*
- 14 day treatment for 2+ hours per day • Ayurvedic herbal medicines plus 2 months supply for follow up
- beach front resort style accommodation in a double room with a/c • breakfast • airport transfers

OPTIONAL EXTRAS AVAILABLE AT ADDITIONAL COST: (further details below)

- **Meditative Yoga Classes** are available in solo or group with our Yoga Master.
- **Ayurvedic cooking classes** to learn how to cook healthy vegetarian food.
- 1 day solo or group tourist trip to the sacred area of **Kanyakamari** and full and ½ day tourist trips in and around **Trivandrum** (Trips can be booked direct with Dr George - see costs & further details below.)

STEP 1: HEALTH ASSESSMENT & TREATMENT PLAN

- We will send you a *Q&A Health Assessment Form* which you fill in and return along with a photograph of yourself to start your consultation with Dr George.
- Dr George will create a Dosha diagnosis, and determine any dosha imbalances, plus he will create a **14 day Treatment Plan** for you which recommends the types of Ayurveda Treatments best suited to your Dosha type and your condition, along with explanations of the benefits of these treatments.
- You will also receive a **Dosha e-Book** which will explain your Dosha type along with advice on diet and lifestyle.
- You will also receive important information on Ayurveda including the **Introduction to Ayurveda** plus **Six Stages of Disease**.

****SEPARATE COST: \$60.00**

STEP 2: HOLIDAY CONFIRMED

- Once you confirm your booking to attend a Prana Healing Holiday, we will send you a full Itinerary with dates.
- A Non-refundable fee of 50% of the Holiday Fee is required to secure your booking.
- Read Booking Conditions from the link <http://pranahealingholidays.com/contact.htm>

DAY BY DAY ITINERARY

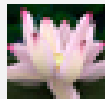
Day 1 of Prana Healing Holiday in Kovalam

- Arrive at Trivandrum airport where you are picked up and taken to the Pappakutty Beach Resort in Kovalam.
- Upon arrival at Pappakutty Beach Resort where you are checked into **your own room** (with a double bed and a/c, all rooms overlook either the beach or the swimming pool).
- You will then schedule your **first appointment with Dr George**. Depending on your time of arrival this could be on the first day you arrive or the following day (we will confirm once you have your flight details).
- At your first appointment you will have a full consultation with Dr George, he will work out your treatment schedule, and you will be assigned a massage practitioner and be given your **Ayurvedic herbal medicines** to start. (nb: some medicines need to be specially made for you so you may get additional medicines the following day).
- NB: During your Treatment Dr George may make adjustments to your Treatment Plan

	<p>to ensure you receive the best treatment for your body.</p> <ul style="list-style-type: none"> You are also given your treatment Lungi (a large 2 metre thick sarong especially worn to and from treatments).
Day 2 (Day 1 of 14 days of treatment)	<p>FIRST DAY OF TREATMENT –2+ hours of treatment every day for 14 days</p> <ul style="list-style-type: none"> 2 specialised treatments for 2+ hours <p>Then for the rest of the day you have a choice to do what you like – we recommend all or a combination of the FIVE S's: <i>shower</i> (although try to wait at least an hour before showering to keep the oils working), <i>snooze</i>, <i>sunbake</i>, <i>swim</i>, and <i>shop</i> and of course eat, read, day dream and relax.</p> <ul style="list-style-type: none"> Dr George and your therapist will remind you the most essential thing is to go SLOW, rest, and soak up the relaxing atmosphere. <p>OPTIONAL YOGA CLASSES FOR RELAXATION AND MEDITATION: You can book direct with Dr George a class with our Yoga Master who conducts solo and group classes for 1½ hours.</p>
Day 3 (2 of 14)	<ul style="list-style-type: none"> <i>Optional Meditative Yoga Class</i> Daily 2 hour specialised treatment The five S's and rejuvenation
Day 4 (3 of 14)	<ul style="list-style-type: none"> <i>Optional Meditative Yoga Class</i> Daily 2 hour specialised treatment The five S's and rejuvenation
Day 5 (4 of 14)	<ul style="list-style-type: none"> <i>Optional Meditative Yoga Class</i> Daily 2 hour specialised treatment The five S's and rejuvenation
Day 6 (5 of 14)	<ul style="list-style-type: none"> <i>Optional Meditative Yoga Class</i> Daily 2 hour specialised treatment The five S's and rejuvenation
Day 7 (6 of 14)	<ul style="list-style-type: none"> <i>Optional Meditative Yoga Class</i> Daily 2 hour specialised treatment The five S's and rejuvenation
Day 8 (7 of 14)	<ul style="list-style-type: none"> <i>Optional Meditative Yoga Class</i> Daily 2 hour specialised treatment The five S's and rejuvenation
Day 9 (8 of 14)	<ul style="list-style-type: none"> <i>Optional Meditative Yoga Class</i> Daily 2 hour specialised treatment The five S's and rejuvenation
Day 10 (9 of 14)	<ul style="list-style-type: none"> <i>Optional Meditative Yoga Class</i> Daily 2 hour specialised treatment The five S's and rejuvenation
Day 11 (10 of 14)	<ul style="list-style-type: none"> <i>Optional Meditative Yoga Class</i> Daily 2 hour specialised treatment The five S's and rejuvenation
Day 12 (11 of 14)	<ul style="list-style-type: none"> <i>Optional Meditative Yoga Class</i> Daily 2 hour specialised treatment The five S's and rejuvenation
Day 13 (12 of 14)	<ul style="list-style-type: none"> <i>Optional Meditative Yoga Class</i> Daily 2 hour specialised treatment The five S's and rejuvenation
Day 14	<ul style="list-style-type: none"> <i>Optional Meditative Yoga Class</i>

(13 of 14)	<ul style="list-style-type: none"> • Daily 2 hour specialised treatment • The five S's and rejuvenation
Day 15 (14 of 14)	<ul style="list-style-type: none"> • <i>Optional Meditative Yoga Class</i> • Daily 2 hour specialised treatment • The five S's and rejuvenation <p>• FINISH OF TREATMENT. Final consultation with Dr George where he will also give you 2 months of additional medicines to take home (see Post Treatment below).</p>
Day 16	<ul style="list-style-type: none"> • Rest day OR Optional Day trip to <u>Kanyakumari</u> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Kanyakumari is at the southern most tip of India and its where three seas meet: the Bay of Bengal, Indian Ocean and Arabian sea.</p> <p>Pilgrims come here to bathe in the sacred waters and to worship the goddess Devi Kanya, an incarnation of Shiva's wife, who conquered demons and secured freedom for the world.</p> <p>Travelling in a small group you will leave at 10am and do some sightseeing en-route and reach Kanyakumari in the afternoon to stay and watch the sunset then leave around 8pm after dinner to return to Kovalam for a great night's sleep.</p> </div>
Day 17	<p>Last day of your <i>Prana Healing Holiday</i> – from here you may wish to return home, stay longer at the Pappakutty or to go on and have further adventures.</p> <p>If you are leaving, then we say our goodbyes and you are taken to Trivandrum Airport on to Mumbai (or go for other travels) – Please note, before you go on to an international flight it's best to have an extra day to sleep in, relax, shop, eat and rest.</p> <p>Or perhaps travel to Delhi where we can arrange for a Hotel, airport transfers and make arrangements with their travel desk to do some travelling – especially as the Taj Mahal in Agra is only 4 hours drive away from Delhi.</p> <p>The only thing to remember is GO SLOW you will feel a million bucks but its best to go slow so the treatment will continue to integrate so you can enjoy your new body.</p> <p>POST TREATMENT</p> <p>To ensure that your treatment is as successful as possible, Dr George will give you an additional 2 months supply of your Ayurvedic herbal medicines for you to take when you get home (no problems with Customs clearance but you must declare as Herbal medicines). This is included in your Holiday price and you can purchase even more if recommended by Dr George.</p> <p>The medicine will continue to keep your body in great condition and ensure that you will receive the maximum long term benefit from your treatment.</p>

COST for a 17 day Prana Healing Holiday



Singles \$1,710
Couples \$1,390 per person

NB: this price is based on the currency rate on March 2012, costs may vary slightly at time of booking. A non-refundable deposit of 50% is required to book with the remainder paid 30 days prior to your departure.

COST INCLUDES :

- **Accommodation in Kovalam** at the *Pappakutty Beach Resort* - 16 nights in a Double Room Deluxe with air conditioning with swimming pool overlooking the famous Lighthouse Beach and less than a minute's walk to Treatment Rooms – breakfast is included.
- **14 day Ayurvedic treatment** with Dr George and his team of massage therapists which include **two hour treatments a day** (Note that you may not see Dr George every day and he will check in with you periodically during treatment to see how you are progressing).
- **Medicines** will be given to you by Dr George at the **start of your treatment** following your complete Dosha analysis
- plus **additional medicines** for 2 months following treatment to take home
- all **transfers** to and from Trivandrum airport

**COST DOES NOT INCLUDE:

- airfares international, domestic, airport taxes, general transport
 - lunch, dinner, snacks. Breakfast is included at the Pappakutty.
 - This trip is also about having an adventure so we recommend that you explore and eat at the local restaurants on the famous Lighthouse Beach boardwalk. The food is amazing and you will see the fishermen bring in the catch every day and on display in the restaurants at night.
- For me this is one of the exciting aspects of being on holidays and not having every aspect mapped out for you. The restaurants and the people in Kovalam are wonderful.
- any personal shopping, visiting a tailor, laundry
 - internet (cafe's and international calls are easily available)

RESEARCH:

We compared our Healing Holiday plan to other Ayurvedic Resorts whose holiday is for only 14 days, and not our 17 day plan and the average price is aud\$5,571.

Also we feel that our Healing Holiday Plan offers a different type of holiday than a remote resort, as our idea is to help you have a greater sense of freedom and adventure and receive personalised treatment with Dr George so you will leave, feeling free of pain, rejuvenated, re-energised and have an increased feeling of wellbeing.

*plus a well known Australian yoga centre takes pampering retreats to Thailand which costs fractionally more than our 17 day, and theirs is for only 6 nights!!!

HOLIDAY EXTRAS NOT INCLUDED IN YOUR ITINERARY:

These extras can be booked directly with Dr George and his staff.

MEDITATIVE YOGA CLASSES are available in solo or group with our Yoga Master for approx 1 ½ hours. Prices for a group class are **approx aud\$6** and a little more if a one-on-one class.

DAY TRIP TO KANYAKUMARI

Kanyakumari is at the southern most tip of India and its where three seas meet: the Bay of Bengal, Indian Ocean and Arabian sea.

Pilgrims come here to bathe in the sacred waters and to worship the goddess Devi Kanya, an incarnation of Shiva's wife, who conquered demons and secured freedom for the world.

Travelling solo or in a small group you will leave at 10am and do some sightseeing en-route and reach Kanyakumari in the afternoon to stay and watch the sunset then leave around 8pm after dinner to return to Kovalam for a great night's sleep.

DAY TRIPS AROUND KOVALAM

Travelling solo or in a small group you can choose full or ½ day guided trips to see the local sights in and around Trivandrum. You will visit the Padmanabhaswamy Temple, Puthenmalika Palace, Museum, Shanghumugham Beach, and Veli Tourist Village where you will take a boat trip down the beautiful back waters of the countryside.

Approx cost of combined trips is aud\$80. This is for small group trips, a small increase may be charged for solo trips. This price does not include any entry fees, tips, food, elephant and boat rides, etc.

VEGETARIAN COOKING CLASSES:

These private classes are with Chefs who know the English names of all the spices and vegetables, and learn how to make wonderful and authentic Indian vegetarian dishes – especially once you know the ingredients that are best for you. Classes are for approx two hours. Dates can be arranged direct with Dr George.

Approx cost for solo or small group classes is aud\$35.

Perhaps you may wish to take a trip on the **Alapie waters** – “Venice of India”. Alapie boating - Go for a backwater cruise to the beautiful countryside of Kovalam. Choices including paddling in country boats, rides on houseboats or a catamaran to enjoy Kerala's lush green scenery.

Price on request from Dr George and his staff.

ADDITIONAL NOTES

Please download the article "[HOW AYURVEDA TREATMENT WORKS: Why you need 14 days of treatment](#)" as seen on the front page of www.pranahealingholidays.com

TRANSPORT SUGGESTIONS:

Airport transfers to and from Trivandrum International Airport (TRV) are included in this voucher.

Kovalam is situated about 20 mins drive from Trivandrum Airport situated on the west coast of South India. Flights direct to Trivandrum with Tiger Airways coming from Singapore in April 2012 are \$373 and in Sept 2012 they are \$297. Or Expedia in Sept offer Syd to TRV via Singapore \$1153

Alternatively you can fly to Mumbai or Cochin and then on to Trivandrum in Kerala. (Direct flights from Mumbai are 2-3 hours costing approx \$260-\$300 return. If you take this route, or via Delhi we suggest that you take at least one or two day rest first before flying on to Trivandrum to take the time to sleep in and relax and make the journey less stressful on your body.

If coming via Delhi I can suggest a great hotel that also organise trips to Agra to see the Taj Mahal only 4 hours drive from Delhi.

CURRENCY:

The local currency is Indian Rupee (INR). At 27/3/12 is approx AUD\$1 TO 53.7134 INR
You can do a quick currency conversion at <http://www.xe.com/>

FOOD:

There is a wide range of Indian vegetarian and non-vegetarian (meat) is available along with most western food you will find anywhere. We do however recommend that during your treatment (and 2 weeks prior), to abstain from eating red & white meat (the seafood is just soooo amazing and fresh if you like it, we highly recommend you try it in moderation), this is to help aid your digestive system for the detox process.

Lunch and dinner – there are many, many wonderful restaurants on the boardwalk and down the laneways to explore. You can watch the fisherman bring in the days catch in the morning and see it beautifully displayed for dinner.

Being close to Europe, Ayurveda treatment centres in Kerala including little towns like Kovalam, focus on treatments for mostly Western clients so therefore most cuisines are offered in local restaurants and special dietary requests are available.

You can request that your food is "not spicy" and without chilli and pepper (like I do, as Pitta type, its not recommended) and most food is cooked fresh on the spot (which is better for your digestion)

Example costs. A whole snapper cooked in the tandoori oven is approx \$3-\$4, a Banana Lassi (yoghurt drink) is approx \$1.70, a feast for 2 people with lobster, prawns, calamari, fish, vegetables and non-alcoholic drinks is approx \$30.

My favourite places are the *German Bakery (Waves)* and the *Lonely Planet* vegetarian restaurant which is situated in a beautiful peaceful place down the laneways away from the beach.

German Bakery (Waves) Review by Lonely Planet:

In a swanky new location on an airy, sunburnt-orange balcony, this remains the most popular hang-out in town. Finger-licking pastries still take pride of place on the menu, as do a huge range of winning breakfasts, strong coffee and quiches. Nowadays it's easy to spend the entire day relaxing here, with a varied selection of classy main courses featuring curries, seafood, tofu and pizzas taking you into your evening meal. (prices for main meals range from approx aud\$2.60 to \$13)

Lonely Planet review for Suprabhatham

"This cosy little veggie place dishes up excellent, dirt-cheap and truly authentic Kerala cooking in a rustic setting. Out in the palm groves, it's secluded and intimate, with an option to dine under the stars to a nightly orchestra of crickets." (prices for main meals range from aud.45c to \$2)

Trip Advisor recommendation – “So many places to eat - our favourites were *See Bee* for Tandoori King Fish. *Mini House* for the setting & the best coconut rice ever. *Fusion* for a bit of sophistication & *Waters Edge* if you wanted to get out of the hustle & bustle for a bit.”

NB: Kovalam was once known in the 70's and 80's as a great hippy hang out but no longer as it has a mix of commercial enterprise tailored to the west and maintaining its Kerala roots. Some say it's too touristy and others say it's not western enough – but we know you can't please everyone.

All aud\$ prices given in this Itinerary are approximations and may vary depending on the currency conversion and the time of year that you are in India eg around Xmas prices can increase especially for accommodation.

VACCINATIONS: It is recommended that you visit a Doctor who specialises in international vaccinations for their advice on the local area prior to your departure plus you may need top-up HEP vaccinations etc. Dr George says that malaria is all but stamped out in this area and not necessary to take “drugs” but please take the advice of your own Doctor.

VISAS: You will need a Visa to enter India http://www.indianconsulatesydney.org/faqs_general.htm

INSURANCE: It is recommended that you take out travel insurance as with travelling to any country.

AYURVEDA DOCTORS IN AUSTRALIA: If you wish to see an Ayurveda Doctor when you return to Australia I can make some recommendations depending on your location, and you will also already be receiving diet and lifestyle recommendations from the Dosha e-Book after having your Dosha diagnosed.

You can purchase additional and ongoing medicines with Dr George and bring safely back to Australia. After this, if necessary, for further medicine purchase that is recommended by your Doctor you can ask Dr George to send more, purchase direct from manufacturer or purchase from a local Ayurveda practitioner (I know great ones in Sydney and Adelaide especially).

Please never purchase medicines online without consultation with your Ayurveda Doctor and if necessary your own Australian Doctor.

For further Ayurveda massage treatments you can consult places like The Ayurveda Wellness Centre in Bondi Junction – eg: an Abhyanga Massage is \$150 (which most of you will receive each day on this Holiday as this is known as the “mother of all massages” and the primary healing tool of Ayurveda – it is truly the most amazing massage you will receive, and one that you can also do on yourself after purchasing some Ayurvedic medicated oils from Dr George that are suited to your Dosha type. (I can send you the instructions for doing a self Abhyanga massage by Deepak Chopra upon request)