

1. KERALA REJUVENATION JOURNEY

AYURVEDA, NATURE & BACKWATERS

10 DAYS

10 Days | Ayurveda, Nature & Backwaters

🕒 9 nights, 10 days

AUTHENTIC
AYURVEDA

YOGA &
MEDITATION

LUXURY
HOUSEBOAT

NATURE &
WILDLIFE

HEALTHY
CUISINE

HOLISTIC
WELLNESS

RELAX, HEAL &
REJUVENATE

Overview

Kerala Rejuvenation Journey

Ayurveda • Nature • Slow Travel

Escape to the lush landscapes of Kerala, often called **God's Own Country**, where ancient Ayurvedic traditions, tropical nature, and peaceful backwaters create the perfect environment to restore your body and mind.

This Signature Wellness Journey is designed for travelers who want to disconnect from everyday stress and reconnect with themselves through authentic Ayurveda, gentle yoga, healthy cuisine, and immersive cultural experiences.

Unlike a traditional sightseeing tour, this itinerary balances exploration with relaxation, allowing you to experience Kerala at a slower, more meaningful pace.



Itinerary

Day-by-Day Itinerary

Day 1 – Welcome to Kochi

Meet your private driver at Kochi International Airport.

Relax after your international flight before enjoying a sunset walk through historic Fort Kochi.

Day 2 – Discover Kerala's Heritage

Visit:

- Chinese Fishing Nets
- Dutch Palace
- Jewish Quarter
- Spice Market

Evening Ayurvedic consultation.

Day 3 – Munnar

Journey into Kerala's beautiful Western Ghats.

Visit tea gardens and waterfalls.

Stay in a luxury mountain resort.

Day 4 – Tea & Wellness

Morning yoga.



Tea plantation tour.

Optional spa treatment.

Free afternoon.

Day 5 – Periyar National Park

Nature walk.

Boat cruise.

Spice plantation visit.

Evening meditation.

Day 6 – Alleppey Backwaters

Board your private luxury houseboat.

Cruise through peaceful canals.

Freshly prepared Kerala meals onboard.

Days 7–9 – Ayurveda Wellness Retreat

Stay at a luxury Ayurvedic resort.

Includes:

Daily consultation

Customized massages

Shirodhara



Herbal therapies

Yoga

Meditation

Healthy Ayurvedic meals

Relaxation time

Day 10 – Departure

Transfer to Kochi Airport.

Optional Extensions

- ✓ Varkala Beach
- ✓ Kovalam
- ✓ Thekkady
- ✓ Kumarakom

Inclusions

- Luxury accommodation
- Private vehicle
- English-speaking driver
- Breakfast & dinner
- Houseboat stay
- Ayurvedic consultation



Daily treatments

Yoga classes

Airport transfers

Exclusions

Highlights

- Private airport transfers
- Boutique hotels & luxury wellness resorts
- Authentic Ayurvedic consultation
- Personalized wellness treatments
- Daily yoga & meditation
- Tea plantations in Munnar
- Wildlife at Periyar National Park
- Private houseboat cruise in Alleppey
- Healthy Kerala cuisine
- Local village experiences

Why Choose This Journey?

This itinerary combines Kerala's most beautiful destinations with authentic wellness experiences, giving you time to relax while still discovering local culture.