

## **INFORMATION ABOUT YOUR KERALA YOGA HOLIDAY**

*Aarogyamantra Integrated Healing Pvt Ltd, Manjoor South Post Office, Kottayam,  
Kerala 686603, India*

### **1. PRE-DEPARTURE**

#### **YOUR FLIGHT**

Please advise us of your flight carrier and number, arrival time and departure time in order that transfers can be arranged.

#### **INSURANCE**

Travel insurance is essential and now is the time to purchase a suitable policy if you haven't already done so. Please provide us with a note of the insurer, the policy number together with an emergency contact name and number. This information should be provided with your booking form.

#### **MONEY**

The currency is Indian Rupee; it is a closed currency and cannot usually be obtained outside India. There are money exchange facilities in Kochi airport and near Aarogyamantra and ATMs a rickshaw ride away. When we were last in India, cash was in widespread use and we would imagine that this is still the case, larger shops and restaurants will take cards. We therefore advise you to bring cash and a debit card to use in ATMs. As you are being met at the airport and taken directly to Aarogyamantra, there is no need to exchange any money at the airport.

#### **HEALTH**

Please check with your health centre to see what immunisations they recommend when travelling to Kerala. They may recommend that your hepatitis A, tetanus, typhoid, and diphtheria immunisations are up to date. Malaria tablets are not necessary.

#### **DIGESTIVE HEALTH**

We recommend that you consider boosting your gut flora with a course of pre-and probiotics. You might want to bring oral rehydration powder such as *Dioralyte* along with *Imodium*. Both are available in local pharmacies. Bottled water is widely available everywhere and Aarogyamantra will provide filtered drinking water for you to refill your own bottles.

#### **PACKING**

##### **Clothing**

Aarogyamantra is in a village so you can wear what you feel comfortable in. We suggest that you bring light cotton clothing as well as clothing suitable for practicing yoga. If you plan to visit a temple or church, you should cover your legs and upper arms.

### **Toiletries and medicines**

Medicines and toiletries are available in local shops, but we would recommend that you bring what you will require.

### **Power adapters**

Most sockets take a standard Northern European 2 pin plug or adapter so bring suitable adapters to cater for your electronic needs. Aarogyamantra can provide one adaptor in each room.

### **Sun protection**

We will be in the tropics; do bring high-factor sun protection, including sunblock. Creams can feel sticky in the humid climate, so you might want to choose an oil-based or a dry-touch sunscreen. Don't forget to bring your sunglasses and perhaps a sun hat.

### **Ear Plugs**

Consider packing ear plugs. India is noisier than most of us are used to at home – and life in India starts in the early morning and continues into the night.

### **Mosquito repellent**

Good brands such as Odomos (not natural) or natural citronella-based repellents are available locally or brought from home. You may prefer to cover your arms and legs after dark and the advice is that light-coloured clothing attracts insects less than dark. If you react badly to being bitten, bring antihistamine tablets, such as *Piriton*, with you.

### **Footwear**

Many paths and pavements are uneven so flat shoes or sandals are recommended. Most Indians commonly wear flip-flop style and this is what we recommend whilst at Aarogyamantra and when out and about.

### **Yoga Equipment**

Aarogyamantra provides all equipment that we will need but do feel free to bring your own. You may wish to bring a lightweight cover or sarong for relaxation. Consider bringing a notebook and pen to journal after our yoga sessions.

## **ARRIVAL**

### **ON THE PLANE**

You will be given a customs and immigration form to fill in – keep your passport and a pen handy.

### **AT COCHIN (COK) AIRPORT**

You will be required to have a biometric test (fingerprints taken) before you enter India. After you clear immigration, you will be directed to x-ray your hand luggage, before picking up your hold luggage from the belt. You will then clear customs. Once you come through arrivals you will be met by your driver who will be holding up either your name or

**“AAROGYAMANTRA”.** The drive to Aarogyamantra takes about 75 minutes but is variable depending on the time of day.

### **ARRIVAL AT AAROGYAMANTRA**

You will be met by a porter who will take your luggage to your room to which you will have immediate access. For a night arrival, you will be able to go straight to bed. Prince will be onsite and will meet you on arrival or if it's late night he will meet you at the Restaurant for breakfast. There will also be water, kettle and tea/coffee sachets in your room.

### **AT AAROGYAMANTRA**

#### **YOUR ROOM**

Have a look at the Aarogyamantra website for images of your accommodation.

**<https://www.aarogyamantra.com/gallery>**

All the rooms have ensuite facilities with hot showers and western-style toilets. All rooms have ceiling fans and air conditioning. There is free Wi-Fi for guests. All the staff at Aarogyamantra are wonderful and they will do whatever they can to ensure that you are comfortable and have everything you need.

#### **YOGA SCHEDULE**

We plan to teach yoga twice daily and we will give you more details at a welcome meeting once we have all arrived. Coming to every yoga session is completely optional although we hope that you will want to attend them all. All we would ask is that everyone attends the first session on January 12<sup>th</sup> as this will help settle you into the routine and ensure a quick adjustment to the time difference with the UK. There will be a break for a day half way through the retreat when you will be taken out on a day house boat trip after breakfast and we will reach in the evening.

#### **BREAKFAST**

Breakfast is served after our morning yoga session, although tea, coffee and biscuits are available from the Restaurant before class, and you are welcome to help yourself throughout the day. The breakfast is generous, and you may feel that you only need a light snack/salad/fruit during the day before dinnertime.

#### **DINNER**

Dinner is served at the restaurant and is vegetarian but delicious and healthy.

### **TREATMENTS INCLUDED IN THE PACKAGE: (1 per day-except on the 15th Jan)**

Full Body Abhyangham- Ayurveda

Shirodhara- Ayurveda

Full Body Swedish massage-Naturopathy

Mud Therapy- Naturopathy

## Head massage and Reflexology- Naturopathy

Whilst staying at Aarogyamnatra, you may wish to take advantage of the full range of treatments on offer. You will have the opportunity to consult with our Ayurveda Doctors and then choose any suitable treatments. These will have to be paid separately at the reception.

### **OUT AND ABOUT**

You may decide that you would like to spend a bit more of your time in Kerala after the retreat, there are many different excursion options and places to see. Halfway through the holiday, we will be taking you for a 1-day break from our yoga which will be a houseboat trip. More information on what else you can do in Kerala after the retreat can be provided on request if you wish to extend your stay in Kerala.

### **GENERAL**

We are really looking forward to welcoming you to Aarogyamantra and we hope that you have a brilliant time. If you have any thoughts or questions, please do get in contact. All we would ask is that you come with a sense of openness and curiosity to explore your yoga practice both on and off the mat. Also, to come with an understanding that sometimes, especially in India, we do need to cultivate an attitude of presence and patience.

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