

# YOGA RETREAT IN “GOD’S OWN COUNTRY”

Reset and recharge yourself in the birthplace of yoga  
Experience the *culture*, *cuisine* and *hospitality* of

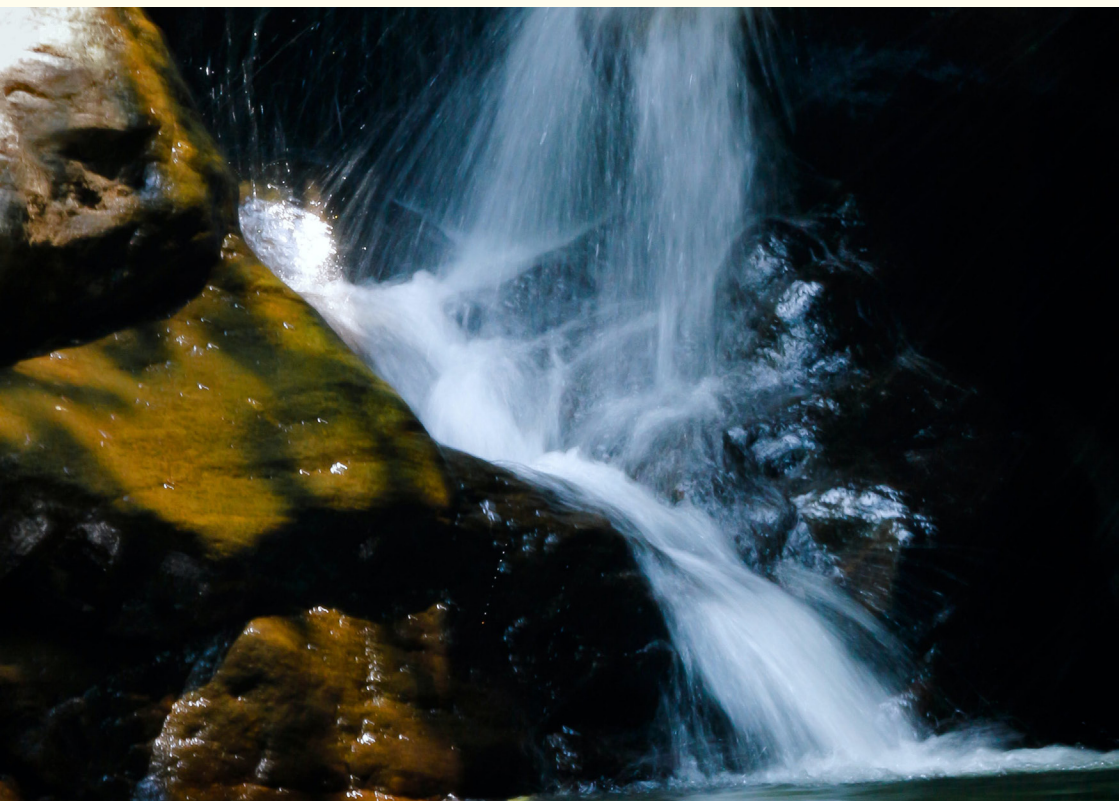
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## Kerala.

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A 6 day yoga retreat with BWY trained yoga teachers at the award  
winning CGH Earth, Marari Beach Resort

22nd to 28th March, 2025





# Our Vision

Our vision, on this and for future destination retreats is to be *inclusive*.

Although the core theme is of a yoga retreat in a beautiful part of India that we have local knowledge of, we want everyone to find something that resonates with them.

If you are a fair weather yogi or even a no weather yogi, there is still a place for you here with lots of other activities you can engage in while taking in the unspoiled beauty of Kerala.

# About Us

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## **B**

Although I am a dentist by profession, Yoga is my passion.

I first envisioned this yoga retreat in 2019 but had to forget all about my dream for a few years while the world rested and life as we knew it paused during Covid and we couldn't travel. This year I have set an intention to make my dream a reality. Kerala really is God's own country. It is beautiful and tranquil, the people are friendly, the culture is rich and the food is amazing. CGH Earth is a unique hospitality brand that embodies all of this while being eco-conscious.

I am a BWY teacher and I was taught and continue to be inspired, by Zoe Knott. I was absolutely thrilled when Zoe agreed to join me on what will be my first destination yoga holiday.

I hope this will be the first of many such retreats.



## *Zoe Knott - Guest Teacher*

Zoe is a Diploma Course Tutor for the British Wheel of Yoga and served on the Training Committee for many years as DCT Training Officer.

With over 40 years of yoga practice with many different teachers from a variety of traditions, her fundamental approach is to build strength as the cornerstone of practice and from there all poses become possible. As well as running regular yoga classes, the Foundation Course, Teacher Training and travelling round the country giving Workshops and taking CPD Training for teachers, Zoe also runs regular yoga holidays in warm sunny countries.



## *Tony*

My co-organiser, husband and my best friend has shared and nurtured this vision with me.

Tony has an abundance of local knowledge and he will be your guide, interpreter and my general fixer. He will troubleshoot where necessary and ensure everybody has a great time.

Tony still has not found his way to a yoga mat but I live in hope!





# A SIX NIGHT STAY

*In the beautiful Marari Beach Resort*

## *Resort*

Cottages modelled on a fisherman's village reflecting the local culture and lifestyle with thatched roofs and unique bathrooms that offer you the opportunity to shower under open skies.

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### *Read, Reflect and Unwind*

Relax with a beverage or a book by the pool, on the beach or in a peaceful hammock.

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### *Yoga*

Two sessions each day including Asana, Pranayama, Mantra, Chanting and Meditation (yoga mats provided).

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# CUISINE

*Experience the coastal cuisine  
unique to Kerala*

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## *Breakfast and Dinner*

An extravagant breakfast and dinner buffet every day, catering for both vegetarians and non vegetarians, giving you an opportunity to taste a vast array of local Keralite cuisine.

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## *'Chai' Cart*

Daily afternoon Chai (or coffee) from a tea cart on the property, served with local snacks.

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# Cooking Class

Participate in a cooking class with a unique guided experience in Kerala's local cuisine, picking fresh produce from their garden to assembling a delicious local meal for the evening.

*local highlight*



# EXPERIENCE KERALA

*Explore the beautiful sights of Kerala  
like a local*

*local highlight*



## *House Boat Cruise*

A relaxing day cruise on a luxurious, purpose built houseboat taking in the scenic beauty of Kerala, with freshly prepared lunch and evening tea served on board while you enjoy the back waters.

## *Tuk Tuk Tour*

Village tour on a tuk tuk exploring local temples, a rural Khadi weaving unit and a coconut extraction centre.

*local highlight*



## *local highlight*



## *Music and Dance*

Enjoy evening performances of live classical music or traditional dancing in the comfort of the Marari Beach Resort.

## *Ayurveda*

Experience the ancient healing science of Ayurveda that dates back to the Vedic times. Book a consultation with the on-site Ayurvedic doctor and experience a massage treatment to restore and reset yourself.

## *local highlight*



## *local highlight*



## *Temples*

Visit temples rich in folklore dedicated to Lord Shiva, one of the principal deities of Hinduism and his consort Parvathi. Experience the sounds, smells and vibrant colours of ritual as you immerse yourself in the beliefs and customs of the local people.



# What's Included

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## *Included in the package*

1. Transfers to and from Cochin International airport in Kochi on 22nd March and 28th March.
2. Two yoga sessions each day including Asana, Pranayama, Mantra, Chanting and Meditation.
3. A six night stay in well appointed cottages reflecting the local culture and lifestyle with thatched roofs and unique bathrooms that offer you the opportunity to shower under open skies.
4. An extravagant breakfast and dinner buffet every day catering for both vegetarians and non vegetarians giving you an opportunity to sample a vast array of local Keralite cuisine.
5. Daily evening Chai (or coffee) from a tea cart on the property, serving local snacks.
6. A relaxing day cruise on a luxurious, purpose built houseboat taking in the scenic beauty of the back waters with freshly prepared lunch and tea on the boat.
7. Village tour on a tuk tuk exploring village life, local temples, a rural khaki weaving centre and coconut extraction centre
8. A daily guided walk with the naturalist exploring the wide variety of birds especially the owl parliament and colourful butterflies.
9. Daily archery sessions.
10. Live Indian classical music on most days in the evening
11. Participate in cooking classes organised by the chef and learn to make popular Keralite dishes.

## *Additional amenities and offerings available:*

1. A large outdoor pool.
2. Swim in the sea or walk on the unspoilt beach.
3. Relax by the pool or on the beach or read your book in a hammock.
4. Go cycling in the local area.
5. Visit the reverse osmosis water plant and explore other eco-friendly sustainable ideas used at the property.
6. Visit the gift shop for local souvenirs.
7. Consultation with the on site Ayurvedic doctor .
8. Herbal massage and relaxing Ayurvedic treatments to restore you to a state of well being (not included in the cost but can be booked individually).
9. For those so inclined there are facilities for tennis, beach volleyball, badminton and table tennis at the resort.



# How to book

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*We would be delighted to have you join us for this exclusive and unforgettable experience*

## ***Getting there***

Air India operate direct flights to Cochin international airport from Gatwick three times a week. Other flight operators such as Etihad airways, Emirates, Gulf air and Kuwait airways also fly to Cochin international airport from Gatwick and Heathrow with a stop over in the Middle East.

## ***Price (exclusive of flights)***

### *Garden cottage*

£1375 per person if sharing a cottage with two others - triple sharing basis

£1875 per person if sharing a cottage as a couple or on a twin sharing basis

£2925 per person if a solo traveller wanting an exclusive cottage

### *Cottage with private pool*

£1775 per person if sharing a cottage with two others - triple sharing basis

£2475 per person if sharing a cottage as a couple or on a twin sharing basis

£3975 per person if a solo traveller wanting an exclusive cottage

The cottages are quite spacious and can accommodate an extra bed to provide triple occupancy if required.

## ***Payment Terms:***

25% of the net payable amount before 1st April 2024

50% of the net payable amount before 1st August 2024

The final balance 25% of the net payable amount by the 1st of December 2024

## ***Cancellation Policy:***

If you have to **cancel**

Before the 1st of December 2024 you will be entitled to a full refund minus an administrative Charge of £175 per person

After the 1st of December 2024 you will incur 100% of the charges (as all our suppliers will have been paid in advance)

***Please ensure you have your own travel insurance policy in place to cover against any unexpected eventuality***

***The retreat is not ATOL protected***

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***Please contact Contact B via email to book your trip and for any enquiries***

***Email: [b@thejacobfamily.co.uk](mailto:b@thejacobfamily.co.uk)***

***Phone: 07976 504 235***

# FAQ's

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## ***Can I stay for longer than 6 days?***

The retreat is for six nights but if this is your first trip to Kerala you should definitely consider staying a bit longer if you can. Please reach out to us and we will be able to advise you on where to go to maximise your experience.

## ***Is lunch provided?***

The breakfast and evening buffets are extensive and very filling. From experience we think it is extremely unlikely you will feel the need for lunch too! Plus there is a tea cart with snacks at 4pm. If however you would like a midday meal or snack this can be ordered at the resort for a small additional cost.

## ***Is alcohol available on this retreat?***

Alcohol is available in Kerala and at the resort that we are staying in, although it is not included in the cost of the retreat. While there, we would ask that you just sign for your own drinks and this can be charged to your room at the end of your stay.

## ***Is it suitable to bring children on this yoga retreat?***

The retreat is tailored for adults.

## ***Do we need to bring yoga mats?***

Yoga mats will be available at the resort but of course bring your own if you would like to.

## ***What will the weather be like?***

Days are usually hot with balmy evenings, so you should pack light and cool clothing. The average daily maximum is 32 C and the average daily minimum is 26 C.

## ***Do I need to bring toiletries?***

All toiletries like shampoo and soap are generally provided. All rooms have hair-dryers, robes as well as a safe for your valuables.

## ***What else would you advise to bring?***

Sunscreen, insect repellent sprays, swim suits and a hat.

