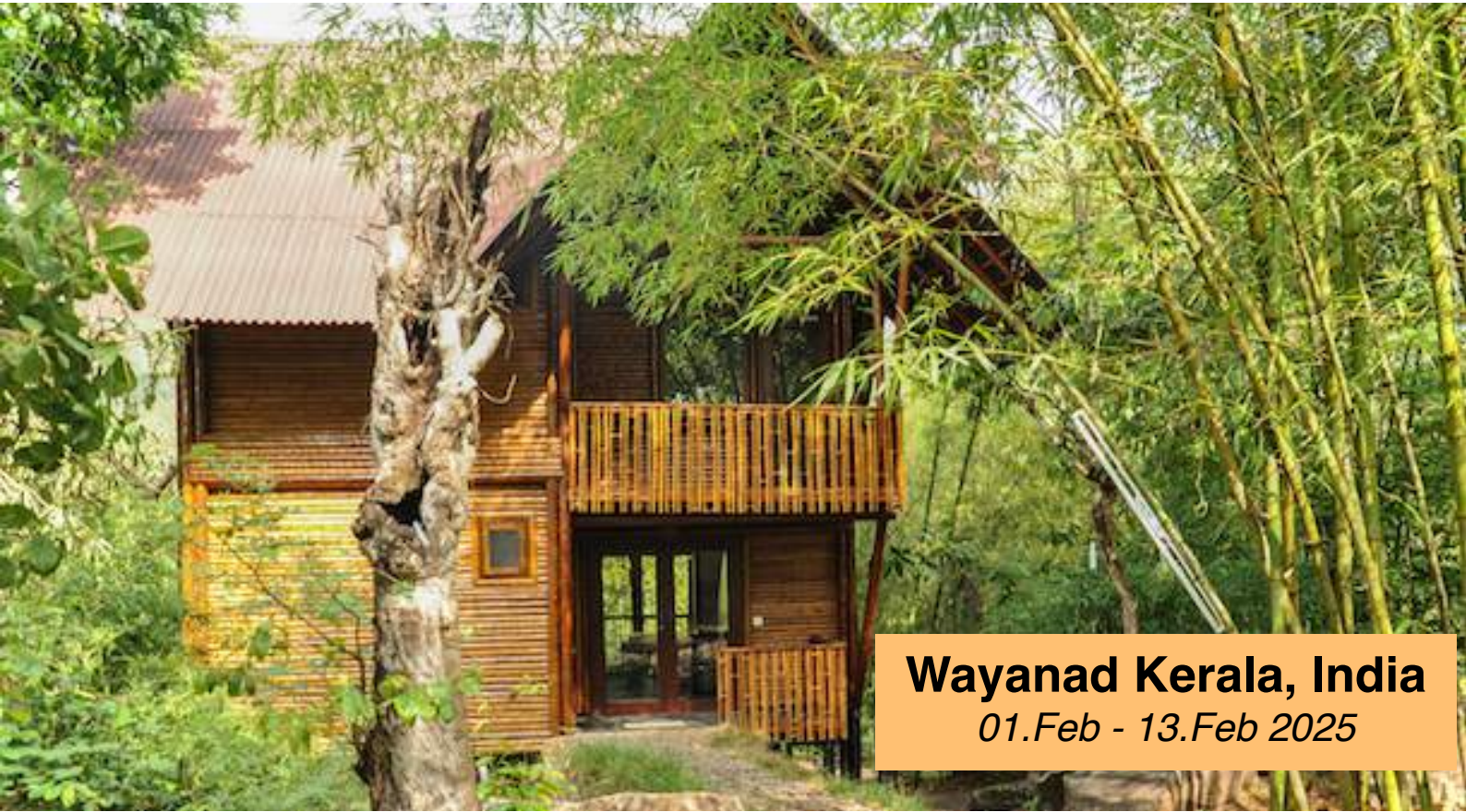




Culture, Yoga & Ayurveda Retreat

Relax & Rejuvenate in beautiful Kerala



Dive into the beautiful culture of the Uravu Bamboo Groove Village in Wayanad, which is surrounded by amazing nature to relax and rejuvenate. Living with the local community and learning their way of life through craft, food, the landscape and their deep rooted knowledge of Ayurveda and Yoga.

Uravu Bamboo Groove is set on the picturesque Wayanad plateau, which is a part of the Western Ghats mountain range in Kerala, southern India. It is a sustainable eco-friendly community tourism resort, that involves and benefits the local community. The three pillars of the project are - community engagement, innovative design and eco-friendliness.

Aroga means to bring our body and mind to a healthy state of being. Taking this journey with us; dive deeper into the practice of Yoga, the philosophy of oneness and integration in life - all in a beautiful natural setting in the welcoming community of Thrikkaipetta.



Information and registration

Uravu Bamboo Groove
Thrikkaipetta P.O. Wayanad District
Kerala India 673577
info@uravuecolinks.com
+91 974 522 6945
www.uravubamboogroove.com

Gurdeepak Singh
Zentweg 17a, 3006 Bern
Switzerland
info@aroga.ch
+41 76 237 59 84
www.aroga.ch

Your hosts



L to R: Steffi, Gurdeepak, Corinne, Shalini (front), Sivaraj, Dhanya & Hussain

Highlights of retreat

- Hill walks
- Bird Watching
- Outdoor Yoga
- Kerala Indian cooking
- Ayurveda treatment & consultation
- Bamboo craft
- Theyyam festival
- Beach front relaxation
- Tea plantation
- Yoga philosophy
- Village & community

Program of the retreat

01. - 13. Feb 2025

12 nights / 13 days duration

Kozhikode - Wayanad - Kannur - Kozhikode

01 February, Saturday: Kozhikode (Calicut) arrivals latest by 17:00 hrs



Welcome in Kozhikode on the first day at Hotel. As you arrive late, relax and enjoy the culinary delight dinner at Kozhikode.

The city is along the Malabar coast and is known as the 'City of spices' for its role as a major trading hub for Indian spices.

02 February, Sunday: Arrival and welcome to Uravu Bamboo Groove (UBG), Wayanad

We begin the day with Breakfast and official introduction of all the participants in Kozhikode.

Driving to UBG in a mini bus with all participants. On this day we will enjoy the arrival at the resort and a nature walk in the premises. Enjoy a round of coconut plucking and a welcome dinner in the evening.



(Photo: Outdoor Yoga place at Uravu Bamboo Groove)

03 February, Monday : Yoga theory and philosophy, Ayurveda & analysis, Bird Watching in village, BBQ

Yoga asanas practice in the morning. After breakfast, dialogue on Yoga philosophy. We go for bird watching in the village and lunch at farmers' house. Introduction to Ayurveda and analysis at the Ayurveda center. Bamboo cooking BBQ and bonfire in the evening.



(Photo: Ayurveda Center at a 10 mins walking distance from Uravu Bamboo Groove)

04 February, Tuesday: Yoga, Hiking with a local guide, Ayurveda and special Adivasi Dinner

Yoga asana in the morning. After breakfast we go for a hike with the local guide in the vicinity. Ayurveda treatments can be made on this day. There will be a special Adivasi / Tribal dinner.



(Photo: A typical Kerala cuisine is served on a banana leaf and eaten with the hands. A traditional meal can have up to 2-3 dozen dishes on special occasions.)

05 February, Wednesday: Hiking in Katukunnu hills, Yoga, Shopping in Kalpetta, Ayurveda treatment

On this day we will go hiking to Kattukunnu Hills after breakfast. There will be yoga asana practice on the way during the hike. On the way back there will be a stop for shopping in Kalpetta. In the evening Ayurveda treatment can be made.



(Photo: Wayanad is famous for its whole spices. Shops in the region sell these at reasonable prices. The region is also known for its handicrafts that support indigenous communities.)

06 February, Thursday: Yoga, Bamboo handicraft & painting, Cooking class, Cultural program, Ayurveda treatment

Yoga asanas in the morning. After breakfast, sharing yoga philosophy. Bamboo handicraft and painting class. There will be also introduction to spices of Kerala and a cooking class. In the evening cultural program prepared by villagers at UBG.



07 February, Friday: Yoga, Eddakal caves, Heritage museum, Tea Plantation

Yoga asanas in the morning. After breakfast, we visit the pre-historic Eddakal Caves and the heritage museum of Wayanad. Then we visit the local tea plantation.

(Photo: Besides tea, Wayanad is also very popular for growing coffee.)



08 February, Saturday: Yoga, Artists studio visit, Lunch at farmers' house, Ayurveda, Bonfire, Goodbye dinner

Yoga asanas in the morning. After breakfast, we visit the local artists studios. Lunch will be at the farmers house. Ayurveda treatment. In the evening there will be a bonfire and a Wayanad good-bye dinner.

(Photo: Craftswoman makes basket with bamboo)



09 February, Sunday: Yoga, Departure to Kannur & check in at Sea-Shell Resort

Yoga asana practice in the morning. After breakfast we depart to Kannur and check in at the beautiful beach side Sea-Shell resort.



**10 - 12 February, Monday - Wednesday:
Yoga theory and philosophy, Beach
time, Kannur's handloom visit,
Theyyam Festival**

Yoga in the mornings. Relax on the beach and take a swim. We visit Kannur's handloom cooperatives - where even yoga mat can be bought as a souvenir. We also visit the Theyyam Festival.

(Photo: Theyyam is a ritual art form that tells stories from the state of Kerala. It encompasses dance, mime and music)



13 February, Thursday: Departure
After breakfast departure is planned.



PRICE : CHF 2990.- min 6 participants & max 10 participants

- **Hold Deposit: CHF 700.-**
- **Early bird till 15. May 2024 OR bring a second person: discount of CHF 250.-**

Included:

- Price includes 12 overnight stays with all meals & non-alcoholic drinks during meals - including welcome and goodbye dinner & special tribal dinner
- Accommodation in Double Room at Kohzikode, Kannur and Uravu
- Accommodation in Single Room at Homestay near Uravu Bamboo Groove
- Transport to and from the airport
- Inland transport with private bus, taxi as planned in the program
- Tour guides, entrance fees for sights, festival
- 1 Ayurveda consultation
- 2 Ayurveda treatments
- Kerala cooking class
- Handicrafts and painting workshops
- Yoga sessions
- Photo documentation of the trip

Does not include:

- Tips
- Additional Ayurveda treatments
- Flights to & from India
- Expenses of personal nature

***Changes could be made to the trip depending on the conditions on ground. Information shall be provided to participants in that case. No major changes are expected !**

TERMS & CONDITIONS

Please note that because Aroga Yoga Retreats are limited to a small/ medium number of attendees, to allow for a more personable, intimate experience, our cancellation policy is in place to help participants and us alike work together sharing expenses that may arise from unexpected cancellations.

Aroga Yoga works together with Uravu Ecolinks / Uravu Bamboo Groove to offer the various services on the ground during the entire duration of the trip.

CANCELLATION BY PARTICIPANTS

1. Deposit of CHF 700.- is non-refundable. Deposit is transferable to another attendee.
2. Full balance is due by 01 October, 2024

Cancellation requests submitted before:

- 01 November 2024, 100% refund (minus Advance deposit) shall be made
- 01 December 2024, 50% refund (minus Advance Deposit) shall be made
- 01 January 2025, 20% refund (minus Advance Deposit) shall be made
- After 01 January 2025, no refunds shall be made.

INSURANCE

We strongly recommend all travelers to take out suitable insurance. This should include optimal coverage for luggage, cancellation of travel, interruption of travel, illness, accident and emergency with the usual treatment costs and the cost of a possible rescue flight home. The likelihood is relatively small, but it is advisable to be safe in the worst case scenario! Luggage insurance against theft and loss is also recommended.

TOURIST VISA

E-Visa

The e-Visa process can be done online for a number of countries. See this link for an e-tourist visa - <http://www.e-touristvisaindia.com>

Culture, Yoga & Ayurveda Retreat, Kerala, India

01. - 13. February 2025

Registration form

Full Name: _____

If second person (Full name): _____

Date of Birth: _____ Date of Birth (2nd person): _____

Address: _____

City: _____ Country: _____

Telephone: _____ E-mail: _____

Emergency Name & Telephone number:

_____ & _____

Information about diet, health and allergies:

Other comments:

Liability exemption: I am in a good healthy condition to take part in the trip.

I have read the terms and conditions of payment and have understood & accept them. I release the trip leaders from ArogaYoga and Uravu Ecolinks / Uravu Bamboo Groove from all claims, damages, loss of services and cause of actions that should arise during / through the participation in the trip.

Signature: _____ Signature (if 2nd person): _____

Date & Place: _____

BANK INFORMATION

ArogaYoga Ahuja
Bank: Post Finance
Konto-Nr.: 61-773800-1
BIC: POFICHBEXXX
IBAN: CH62 0900 0000 6177 3800 1