



Southern India with Erin Fleming Jan 30 – Feb 7, 2017

Jan 30 - Cochin (Overnight at Vivanta by Taj Malabar)

Morning arrival at Cochin International Airport where you will be met by your private driver and transferred to our hotel Vivanta by Taj Malabar. Cochin entices with a rich cultural legacy and has been a key trading post throughout the centuries. Visit the Jewish Synagogue dating back to the 13th century and stroll the streets and shops nearby where 17th century Dutch houses with blended traditional Kerala styles stand tall. Pay a visit to St. Francis Church - the oldest European Church in India – and marvel at its antiquities. Venture to the Portuguese Cemetery to visit the Vasco Di Gama burial site and attend an evening performance of the world-renowned Kathakali dancers, Kerala's highly evolved classical form of dance, drama and music dating back 400 years. Enjoy the eccentric dress of the performers and the artistic way they decorate themselves with products collected from nature.

Jan 31 - Allepey (Overnight Lakes and Lagoon Houseboat)

After breakfast we will check out and then a 2-hour drive to Allepey, the scenic town popularly known for its outstanding backwater, beach and lush natural beauty. Arrive aboard the houseboat and enjoy the rest of the day at leisure cruising over the picturesque backwaters. Sit back and enjoy the beautiful views, vast stretches of fields, swaying coconut trees and traditional villages unchanged for centuries. We will enjoy lunch, afternoon tea and delicious dinner on the houseboat. Spending one peaceful night onboard the Lakes and Lagoon Houseboat.

Feb 1, 2 & 3 - Vasundhara Resort

After breakfast we check out from the houseboat and then a short 45-minute drive to our award-winning Ayurvedic resort, Vasundhara. This lovely Ayurvedic Spa overlooks the backwaters and has a luxurious treatment center that offers traditional Ayurvedic treatments. Our next few days here will be devoted to restoration, with daily treatments, morning and afternoon yoga. During your free time you can relax by the pool or explore nearby villages and temples.

Feb 4 – Kovalam (3 Nights at Vivanta by Taj Kovalam)

After breakfast we will depart for Kovalam located on one of the most beautiful beaches in India and situated 16 km south of Trivandrum, Kerala's capital. We will check into the gorgeous Vivanta by Taj Kovalam which will serve as our base for excursions and activities while in this area. The afternoon will be spent enjoying this amazing facility, sunning on the beach and wandering the streets and shops of the town and a late afternoon practice. Dinner at the Taj.

Feb 5 – Kovalam - Excursion to Kanyakumari

Morning yoga and breakfast, then onto our excursion to Kanyakumari, the southern most tip of the sub-continent of India at the intersection of the Bay of Bengal, the Indian Ocean and the Arabian Sea. Today will be a big day of sight-seeing, visiting a monument to Vivekananda (thought to be the first Indian to bring yoga to the West) and a memorial site to Gandhi (where his ashes were kept before releasing them to the sea). On the way to Kanyakumari we will visit Padmanabhapuram Palace, a complex granite fortress around four kilometers long located at the foot of the Veli Hills which is considered one of the best examples of traditional Kerala architecture. We will make our way back for dinner together at Vivanta by Taj Kovalam.

Feb – 6 Kovalam

Sunrise practice on the beach, then after breakfast you have the rest of the day free to relax by the pool, go to the beach or explore on your own. We will end the evening with a closing circle ritual and then our final dinner together at our gorgeous hotel.

Feb 7 – Departure Day

Farewell breakfast, then depart for nearby Trivandrum for our international flights home or north to Delhi where the retreat with Erin continues.

***Exact itinerary subject to change and yoga times to be advise

