

Yoga & Meditation Holiday in Southern India

With Janet Evans and Jonathan Clark

January 31st to February 14th 2020

Two beautiful locations in **KERALA**

The vibrant and colourful fishing port of **Fort Cochin** and relaxing, paradise of **Marari Beach**

Part One: 31st January to 8th February: Vibrant, charming, warm hearted Fort Cochin

An experience of the vibrant, historical, multicultural and charming port town of Fort Cochin with its markets, cathedral, Jewish quarter, Chinese fishing nets, classical dance centre, little shops, delicious restaurants and warm hearted people. We will be staying in a small, historic hotel, close to the beach and the fishing nets with a great central location for easily exploring this delightful Southern Indian harbour town (or just relaxing by the hotel pool!). Our time here will include a Kathakali dance performance and we will also arrange excursions to the Jewish Quarter and synagogue, a Hill Palace and Hindu temple, a spice warehouse in the Dutch Quarter, Portuguese cathedral and further classical dance or music concerts with plenty more Indian delight to offer as you wish.....



Part Two: 8th to 14th February: A taste of paradise at peaceful, stunning, Marari Beach

In contrast we now take a short journey to a beautiful small, peaceful and quiet beach resort at Marari Beach with tropical palms, warm sea and very relaxing atmosphere. Here you can totally unwind in a hammock or sun-lounger under the palm trees on the vast sandy, paradise beach or by the pool. Local fishermen bring fresh fish daily to the resort and trips out can be arranged with them. An unmissable boat trip on the famous Kerala backwaters with lunch served on-board is included in our time here. There will also be Ayurvedic massage and other treatments available at the resort to indulge your senses. We can arrange a Kerala cooking demonstration and lesson or a trip out with the fishermen or a visit to a local school while you are here.



VENUES

The Tower House, Fort Cochin

<http://www.neemranahotels.com/the-tower-house-cochin-kerala/>



This venue is in a prime central location overlooking the Chinese fishing nets and right in the hub of Fort Cochin. It is a unique, historic 17th century building on the site of an old lighthouse and with masses of character and atmosphere. The rooms are spacious, air- conditioned and all en-suite with double or twin beds. Limited single occupancy is available. There is an outside pool to escape to and an elegant drawing room to retire to. Breakfast in the hotel restaurant is included and some evening meals although as Fort Cochin offers such plentiful culinary delight at very low prices we have allowed some evenings free to sample other local restaurants which we are happy to organise. Staff are extremely friendly and happy to help us with any of our needs.

Marari Sands Beach Resort

<http://www.mararisands.com/>



This small and exquisite, hideaway beachside resort is located in the local fishing village of Mararikulam, surrounded by swaying palms and sandy shores. It is right on the Arabian Sea and is the perfect place to relax and unwind. Accommodation is in eco-friendly cottages or poolside apartments with air conditioning and en-suite bathrooms. Rooms are double or twin bedded with limited single occupancy available. Breakfast and evening meals are included at the on-site restaurant which serves delicious, authentic Kerala cuisine. An excursion for a houseboat trip with lunch on Kerala's famous backwaters is also included.

ITINERARY

Friday 31st Jan 2020: Arrival at Cochin airport and transfer by road (1hr) to **Tower House**. 8 nights stay at Tower House (inclusive of breakfast every day and evening dinner on 1st/2nd and 8th Feb). Also including an evening theatre trip to a Kathakali classical dance performance.

Saturday 8th Feb 2020: Post breakfast departure for **Marari Sands Beach Resort** (By road 1.3 hrs 45Kms). 6 nights stay at The Marari Sands Beach Resort inclusive of breakfast and evening dinner.

Tuesday 11th Feb 2020: Lunch on a **Houseboat on the Kerala Backwaters** travelling from Resort by air-conditioned vehicles and back by sunset for evening dinner.

Friday 14th Feb 2020: Departure and transfer to Cochin Airport (2.5 hrs) by air-conditioned vehicle for return flights home

THE YOGA AND MEDITATION

There will be **two practices of yoga and meditation offered each day:** one early morning and one late afternoon. Some practices will be inside and some outside.
All sessions are optional.

Yoga with Janet Evans

Sessions will include thoughtful sequencing of asana (postures), dynamic as well as static work with careful attention to the breath. Some classes may be more strenuous and some more relaxing and meditative. In some sessions pranayama (breathing techniques) will be explored, in others sound work may be introduced. By the end of the holiday you will experience the possibilities yoga practice can have at promoting a healthy body, a calm mind and increased emotional balance.

Meditation with Jonathan Clark

Sessions will complement the yoga practice and will be based on mindfulness and the cultivation of positive emotion. There will be moving meditations as well as sitting practice. There will be meditations as the sun sets into the Arabian Sea and early morning sunrise sessions will also be offered.

An individual yoga or meditation lesson

Offered to all participants during our stay. You will be given a personal tailor-made practice to take away and use at home.

Vedic Chanting session

included during the second week.

We will provide yoga mats.

THE TEACHERS

www.yogajanam.com



Janet Evans has been practising yoga since the 1980s and teaching for over 20 years. She is a popular Viniyoga teacher whose work is based on the teachings of Krishnamacharya and TKV Desikachar. She was trained by Paul Harvey completing his practitioner and postgraduate training programs. She is based in South East London where she teaches groups and also on a 1:1 basis. She runs courses, workshops and retreats in the UK and abroad and continues to work with her own teachers Ranju Roy, Sylviane Gianina and Pamela Tyson.

Jonathan Clark has been practising meditation since 1992 and teaching meditation and Mindfulness Courses for fifteen years. He runs the Brixton Buddhist Centre and is an ordained member of the Triratna Buddhist Order. He runs regular group meditation classes in South East London and also offers 1:1 meditation support. He runs workshops and retreats with Janet in the UK and abroad.

Janet and Jonathan are very experienced India travellers with both professional and personal connections with the country. They love the rich diversity of Indian culture and people and will be able to guide the group through the delightful (and sometimes unpredictable) experience of Indian travel. For first timers, you'll be in safe hands!

THE COSTS

Total Cost of Trip: **£1500** per person for a shared double or twin *standard-plus* room.
£1750 per person for a shared double/twin *deluxe* room/suite.
£2350 for single occupancy: *standard* room

Includes:

- All accommodation at both resorts.
- All breakfasts.
- Evening meals: 1st/2nd & last evening at Tower House, Fort Cochin. All at Marari Sands.
- Airport transfers from/to Cochin Airport and transfer from Fort Cochin to Marari Sands. We will give you the time of this if you don't take our recommended flight.
- Theatre visit at Fort Cochin to see Kathakali classical dance performance.
- Houseboat trip on the Backwaters and lunch on-board with transport to and from.
- All yoga and meditation (and yoga mats).
- 1:1 yoga or meditation session.

Does NOT include:

- Flights (we shall suggest a flight to fit with the airport transfer).
- Local excursions and entrance fees.
- Lunches, snacks & beverages, alcoholic drinks.
- Ayurvedic treatments.
- Visa for India which can be easily done online as an E.Visa.
- Travel Insurance, which we ask you to get (including cancellation in case you cannot travel).

To reserve your place we require a total non-refundable deposit of £500

Payable into Account: 00115772 Sort: 110484 Name: JE Evans.

A further 50% of balance will be due by 31st August 2019. The final balance will be due by 30th November 2019. Payment in more instalments is possible upon request.

Once the group has been finalised we shall invite you to our house for an afternoon to discuss the trip and give you plenty of information to help you get the most out of this holiday and have a truly wonderful time.

For further information or to book a place please contact Janet:
jevans238@hotmail.co.uk

