

Yoga and Ayurvedic De-tox and Revitalise

Date: 15th-28th November, 2019

Cost: 2 weeks: £950, 1 week: £550



Into our 5th year this is an amazing opportunity to enjoy sun, sea and healing from the inside out with Yoga and Ayurveda.

This year, Doctor Innocent has built a new purpose-built Ayurveda centre at the beautiful beach of Odayam, 3km from the popular cliff resort of Varkala in Kerala, Southern India. The sandy beach is 200m from the centre and accessible without steps.

Varkala Cliff is both tourist-orientated and a Hindu pilgrimage site where locals come to make Pooja (rituals). There are innumerable shops and cafes on the cliff run by people from all over the world but mainly Indian, Tibetan and Nepalese so you get a lovely flavour of local wares. Two kilometres away there is a thriving local town where you can also shop for silks, saris and spices.

IHA Ayurveda is a quiet haven with a warm welcome and delicious sattvic, mainly vegetarian South Indian food. Special diets can usually be accommodated if you let us know, although rice is definitely a staple of the day!

Dr. Innocent will be responsible for your Ayurvedic treatments according to your individual health: he comes from a long lineage of Ayurvedic doctors and trained for 5 years for a degree and Masters in Applied Microbiology + practical Ayurvedic experience. Each year people come from all over the globe to see him with many complex healing challenges so we are privileged to have him on site with his gentle compassionate nature and holistic approach to our well-being.

After an initial consultation the doctor will discuss your treatment - usually this is one massage daily for the first week + herbal medicines.

Deyna Devi is a Hatha Yoga Master with 20+ years of experience teaching and studying Yoga. She is qualified in Dru Yoga, Ayurvedic Yoga therapy, Transformational Yoga and Thai Yoga massage but has also trained in Sivananda and therapeutic Iyengar Yoga. She advocates Yoga as an 8 limbed dance (not just postures!) of your unique individual journey with life so classes are accessible for all. Classes may be on the roof practice area, walking meditation or sitting at sunset on the beach.

Dates for 2019: Arrive (usually very early morning) on 15th November, leave by 28th November
Great value at 2 weeks for £950, 1 week for £550 to include:

- 2 Yoga classes most days or sunset meditations

- Ayurvedic consultation and treatments: at least one week of daily massage and herbal medicine plus any extra treatments needed. (Herbal medicine to bring home is charged extra according to individual requirements)
- Your own ensuite room
- 3 traditional Keralan meals most days (except when you are on excursions)
- Hot showers after treatments

Excursions will be optional but there is opportunity to:

- Visit local temples and towns
- Relax on backwater boat trips
- Watch elephants bathing at a sanctuary
- Peruse art museums
- Visit a botanical garden
- Indulge in cliff top shopping
- Take an Indian cookery class
- Walk along the cliffs or sands to other beaches
- Visit a nearby aquarium

To book please email for a form to: deyna@innerfire.org.uk or message me through Facebook: InnerFireDeyna. From 22nd March I will be available on 01539592614 to answer any questions.

