

Yoga and Ayurvedic De-tox and Revitalise

Date: 14th-28th November, 2018

Cost: 2 weeks: £890, 1 week: £480



Into our 4th year this is an amazing opportunity to enjoy sun, sea and healing from the inside out with Yoga and Ayurveda at this beautiful and popular cliffside location in Kerala, Southern India. Varkala is both a tourist-orientated cliff and a Hindu pilgrimage site where locals come to make Pooja (rituals). One beach has steep steps down to it but a short walk away is a beach where you can stroll down a cobbled path. 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. However, 'Coffee Temple' is a nearby favourite if you want to indulge in a cappuccino and cake! Two kilometres away there is a thriving local town where you can also shop for silks, saris and spices. IHA Ayurveda guest house is a quiet, family run place with the essentials of clean sheets and towels, a warm welcome and delicious sattvic, mainly vegetarian South Indian food. Although fairly basic by European standards, there is everything you need plus a beautiful garden where we eat, chat and relax, fully enjoying the warmth and sunshine.

Dr. Innocent will be responsible for your Ayurvedic treatments: 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.

Deyna (Devi Kanya) 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, Meditation teaching and Thai Yoga massage but has also trained in Sivananda and therapeutic Iyengar Yoga. She embraces Yoga as an 8 limbed dance and encourages your unique individual journey with life - her classes are accessible for all.

Cost includes:

- 2 Yoga classes most days
- 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 according to individual requirements)
- Your own ensuite room with private balcony
- 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
- Indulge in cliff top shopping
- Take an Indian cookery class
- Walk along the cliffs or sands to other beaches
- Visit a nearby aquarium
- Join an overnight excursion to Kanya Kumari: this is the southern tip of India where 3 oceans meet. It is a Hindu pilgrimage site and a short boat ride away is a monument to an ancient Indian sage (Swami Vivekananda) with some lovely, cheap bookshops on all things Yoga. This will cost around 2500rupees (£30) at most (including overnight accommodation)

To book please message me or email deyna@innerfire.org.uk or message me through Facebook: InnerFireDeyna



