

Journey to the Heart of Ayurveda & Yoga

INDIA IMMERSION

July 14 - August 4, 2020



KERALA
ayurveda[®]
wellness, naturally



Discover the power of the Vedas in their birthplace

Kerala Ayurveda USA invites you to embark on a journey of profound discovery through authentic Ayurveda and Yoga wellness. You will explore their landscape and culture of origin, experience their healing power firsthand, and witness how they operate as a fully-fledged medical system in India.

The journey begins with the breathtaking sites and cultural gems of the North. Next you will arrive at Kerala Ayurveda's Health Village in Cochin, where you'll be introduced to authentic Ayurveda in India with an insider's pass to Kerala Ayurveda Limited's healing services, gardens and product manufacturing process. Then you'll hit the road to discover the natural wonders of the Kerala countryside. The trip concludes at the award-winning AyurvedaGram Heritage Wellness Centre for a personalized Ayurvedic Yoga healing retreat, workshops and cultural festivities.

Who We Are

Our mission: To integrate traditional Ayurvedic wisdom and healing with scientific research.

Our purpose: To serve as an authentic source of Ayurvedic education, research and community health care.

Our commitment: To bring the highest caliber of academic excellence to the U.S. and abroad.

Kerala Ayurveda opened its U.S. doors in 2006 and is part of Kerala Ayurveda Limited (KAL) of India, a full spectrum Ayurvedic company which spans academies, products, research, clinics, hospitals, and resorts.

KAL has a successful operating record of over 75 years. It was established by the renowned Ayurveda Acharya, the late KGK Panicker, on the banks of the Periyar River, and is one of the most reliable names in Ayurveda healthcare today. KAL draws upon the rich heritage of Kerala - where Ayurveda has been most well-preserved in India.

Our Team

To assist you in preparing for your trip and during your stay in India, our experienced team will support your journey.

Trip Leader

Dr. Jayarajan Kodikannath BSc, BAMS

Vice President and Academy Director, Kerala Ayurveda USA
A Kerala native from an Ayurvedic family, “Dr. J” is a master Ayurvedic practitioner, having served the majority of his career as a doctor in Indian clinics, including Kerala Ayurveda’s award-winning resort AyurvedaGram. He oversees the operations of Kerala Ayurveda USA, heads the Faculty and Practitioner teams, and conducts daily consultations and courses. Classically trained and deeply-versed in the Ayurvedic root texts, the *Vedas*, Dr. J will ground the journey to India with stories from his experiences in Kerala and practicing Ayurveda.

Trip Coordinators

Kathy Moore AWC, M.Ed, AYT

Academy Manager, Kerala Ayurveda USA

Kathy is an experienced traveler and has led multiple India Immersion groups. She will be your point person for support throughout your trip: from registration and preparation to your trip activities and programs. As Kerala Ayurveda’s Academy Manager, she helps facilitate the daily functions of the institution and interacts with students regularly to support their educational journey. She is well-versed in multiple healing modalities including Ayurveda and Yoga, and enjoys helping people to incorporate the sister sciences in their everyday lives.

Sunitha Kodikannath AWP, MBA

Manager - Student Support Services, Kerala Ayurveda USA

Sunitha is a motivating supporter of Kerala Ayurveda Academy’s students from registration until certification and helps coordinate the functions of our Wellness Center. Her professional experience in the field of Ayurveda began in 2001 at Kerala Ayurveda’s award-winning resort, AyurvedaGram in Bangalore, India, where she served as manager of guest relations and assisted general operations. She earned her Ayurvedic Wellness Counselor certification from KAA in 2017 and continues her studies in the level II Practitioner program.



*I was blessed
to get the
opportunity to
serve thousands
of people and
shift their lives.*



North India

Breathtaking beauty, cultural gems and wonders

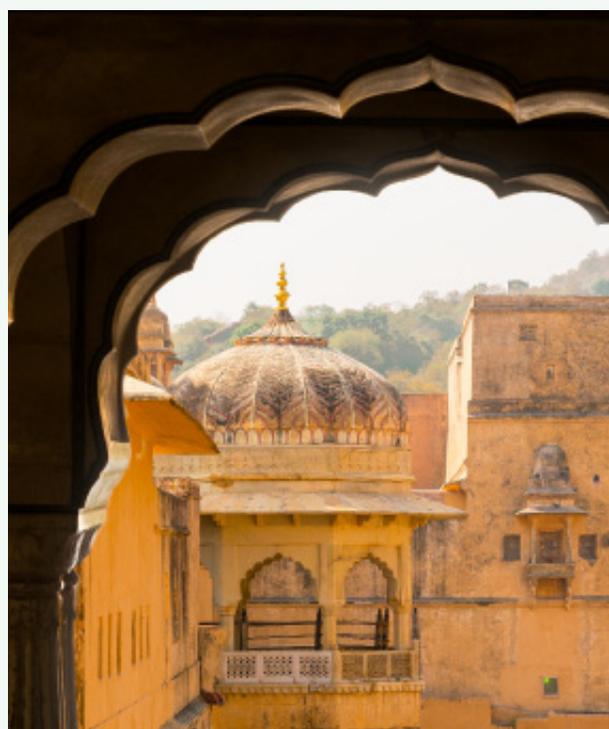
Your journey to the heart of Ayurveda and Yoga begins in the north, where you'll spend seven days exploring thousands of years of historical, cultural and natural sites.

Behold one of the seven wonders of the world - the Taj Mahal, a universal symbol of love in Agra. We will visit both Old and New Delhi on in-depth city tours, including the Qutub Minar - considered one of the most perfect towers in the world, the ruins of the Quwwat-ul-Islam Mosque and the Iron Pillar, more than 1,500 years old and impervious to rust.

Additional Northern highlights include the temples of Mathura, the pink sandstone city of Jaipur, Haridwar - "Gateway to God," and picturesque Rishikesh - a town of ashrams, where the sacred Ganges River enters the plains from the Himalayan Mountains.

For a total immersion in India, join us for the entire 21-day trip starting in majestic North India, before journeying south to Kerala

CLOCKWISE BELOW FROM TOP:
Taj Mahal, Amber Fort in Jaipur,
Rishikesh Valley



South India | THE HEALTH VILLAGE

The striking port city of Cochin is a tourist's paradise. Flanked by the Western Ghats on the east and the majestic Arabian Sea in the west, Cochin occupies a very strategic location and has been a significant trading zone and attractive tourist destination since time immemorial. The tradition and reputation of this enchantingly quaint port city has been maintained to date with its ancient churches, cathedrals, temples and forts.

ABOVE: The Health Village

BELOW FROM LEFT: Sunset on the Periyar River, The Health Village Ayurvedic buffet and morning yoga class



Welcome to Kerala

Welcome to Kerala, known as “God’s own country.” Kerala Ayurveda’s Health Village is host to leading Ayurvedic health programs and home of Kerala Ayurveda Academy, India. Daily yoga and meditation, traditional Ayurvedic vegetarian meals, plus an experienced Ayurvedic medical team will be available during your stay.

It is on the banks of the Periyar where Kerala Ayurveda was founded in 1945. What began as an apothecary has expanded into a full spectrum Ayurvedic company. During your time in Cochin, you’ll have an insider’s pass to the Ayurvedic industry, learning from our Health Village staff during on-site lectures and practicums, as well as touring our seed to shelf product manufacturing process at our herbal gardens and oldest factory of Kerala Ayurveda Limited.



South India | THE HEALTH VILLAGE

Kerala Culture & History

We'll introduce you to The Health Village and state of Kerala with an engaging talk on the local legends, customs and culture of Ayurveda's birthplace.

Ayurveda in India

Discover how Ayurveda intrinsically pervades Kerala culture and how it is uniquely practiced in India compared to the U.S. You'll observe the local assessment process to prepare you for the Health Consultation Camps.

Health Consultation Camps

One of the tenets of practicing Ayurveda in India is devotion to one's community. Ayurvedic practitioners place the health and well-being of their patients, or *rogis* first. In this spirit, Kerala Ayurveda sponsors a home for the elderly as well as an orphanage, providing a free health checkup every month for the residents. You will have a special opportunity to volunteer at these camps and interact with the doctors and patients.

Special Therapies Demo

Take a front row seat to the special Ayurvedic therapies, including those available only in India. Therapies covered: Raktamoksha - Bloodletting, Agnikarma - Cauterization and Ayurvedic Eyeliner preparation.

Local Formulation Making

In the authentic traditions, learn to prepare simple formulations you can create at home for your daily wellness, including our signature recipes.

Diamond Jubilee Celebration

On this auspicious year, India Immersion participants will join the historical celebration of Kerala Ayurveda 75th Anniversary!



South India | THE HEALTH VILLAGE



Herbal Garden Tour

Connect with the spirit of Ayurveda in Kerala Ayurveda's herbal garden in Cochin, home to over 1,200 species, some rare and endangered. You'll learn about the features of various herbs and their medicinal applications as you observe, touch and smell the live plants.

Manufacturing Factory Tour

At the factory, you will be shown how some of the most common Ayurvedic medicines are manufactured in large quantities, including liquid, powder, tablet and ointment form. You'll also meet part of our Research & Development team who oversee the quality and efficacy of our products.

Spanning traditional education, wellness centers, hospitals, clinics, products, herbal gardens and cutting edge scientific research, Kerala Ayurveda supports the wellness of 70,000 people per year, touching over a million lives over the course of its 75-year heritage.



ABOVE FROM LEFT:
Herbal gardens,
manufacturing factory
RIGHT: Herbal gardens

South India | KERALA COUNTRYSIDE



Explore Ayurveda's natural landscape

Feel the heart and soul of Kerala, or “God’s Country,” in the lush wilderness of the Periyar National Park. You’ll spend two nights in Thekkady, on the perimeter of the sanctuary, nestled in the mountains. Here all activities will center around experiencing and connecting with the nature, include mountain hikes, visiting with local elephants and learning about the native spices growing in the region.



CLOCKWISE FROM TOP: The sweeping mountain vistas of Kerala, visit with the elephants, hike in Periyar National Park

South India | KERALA BACKWATERS

Kumarakom is located on the Vembanad Lake, the largest lake in the Kerala region. It is connected to the famous Kerala backwaters - a large network of lagoons and lakes parallel to the Arabian sea linked by 38 rivers and canals. The backwaters were formed by the wave activity at the mouths of rivers flowing down from the Western Ghats and are among some of the Kerala region's unique geography.

ABOVE: Kerala houseboat in the backwaters

BELOW: Kerala hospitality, bird watching on the shores of Vembanad Lake



Soak in the enchanting Kerala backwaters

With coconut trees lining the pellucid lake waters for kilometers at a stretch, the backwaters of Kerala offer one of the most enchanting sights of the region. We'll stay in Kumarakom on the largest lake in Kerala for two nights of relaxation and sightseeing on the waters by traditional Kerala houseboat.



South India | AYURVEDAGRAM

Award-Winning Ayurvedic Yoga Retreat: The Heart of Healing

AyurvedaGram Heritage Wellness Centre is among the top five Ayurvedic health resorts in the country, internationally reputed for authentic Ayurveda treatments and long term rejuvenation programs. Located near Bangalore for convenience, the Ayurvedic soul of Kerala is channeled with lush medicinal gardens and transplanted antique Kerala homes composing a classical healing complex. The cool breeze accompanied by the sounds of birds and aroma of herbs comprise a serene ambiance to elevate the soul.

Your stay includes a Complete Rejuvenation Package beginning with an Ayurvedic Doctor consultation. You'll receive two Ayurvedic therapies per day and guidelines to instruct your daily schedule of herbal formulations, diet and yoga. AyurvedaGram's dining establishment is an exclusive vegetarian restaurant famous for its Kerala-style preparations and other South Indian delicacies. In this heart of healing, you'll end your journey in peace with AyurvedaGram's staff to support your relaxation.

COUNTERCLOCKWISE FROM TOP: Bhuvaneshvari, the Earth Goddess in the gardens, *abhyanga* treatment, tranquility pond and elephant gate, Indian cultural night. NEXT PAGE: Yoga hall and outdoor sunrise Sun Salutation practice with Master Mohanty.



South India | AYURVEDAGRAM

Ayurvedic Yoga Workshops Traditional Yoga Practices Ayurveda & Yoga

In addition to the daily Yoga, Meditation and Pranayama (breathwork) classes available to all guests of AyurvedaGram, India Immersion participants will enjoy two special group workshops with Master Mohanty. You'll learn theoretical and practical tools from Ayurveda and Yoga which you can practice at home. Rooted in pure Indian tradition, Master Mohanty makes the ancient wisdom easily accessible and relevant to the challenges of our busy modern way of living.

Cultural Programs

Ganapathi Homam - Fire Ritual Indian Cultural Night

Experience the richness of Vedic culture during the sunrise Ganapathi Homam, an auspicious fire ritual ceremony, and our Indian Cultural Night with optional Indian dress and dance, held in the outdoor amphitheater of the gardens.

Master Mohanty has taught at AyurvedaGram for over a decade. His company is uplifting to the consciousness as he seamlessly transmits advanced Yogic concepts into simple and practical tools, teaching the art of Yogasana (postures), Pranayama (breathwork) and meditation.



Itinerary

21 Days & Nights

Northern Tour

Delhi, Mathura, Agra,
Rishikesh, Haridwar & Jaipur
Days 0-7 | 7 nights
July 14-21

The Health Village

Kerala Ayurveda's
Health Village, Cochin, Kerala
Days 7-12 | 5 nights
July 21-26

Kerala Countryside

Thekkady & Periyar, Kerala
Days 12-14 | 2 nights
July 26-28

Kerala Backwaters

Kumarakom, Kerala
Days 14-16 | 2 nights
July 28-30

AyurvedaGram

Kerala Ayurveda's
AyurvedaGram Heritage
Wellness Center, Bangalore
Days 16-21 | 5 nights
July 30-Aug 4

Format Option	Segments Included
21 Days North & South Entire Trip	July 14-Aug 4, 2020 Northern Tour, The Health Village, Kerala Countryside, Kerala Backwaters, AyurvedaGram
15 Days South	July 21-Aug 4, 2020 The Health Village, Kerala Countryside, Kerala Backwaters, AyurvedaGram

Segment	Activities*
North India July 14-21, 2020	Old & New Delhi City Tour: Qutub Minar, Quwwat-ul-Islam Mosque Ruins, Iron Pillar, Red Fort, Raj Ghat, India Gate, Jama Masjid Mosque, Chandni Chowk Agra: Taj Mahal Mathura Temples: Banke Bihari, Iskcon, Krishna Janmasthan Rishikesh & Haridwar: Har Ki Pauri & Ganges River, Temples & Ashrams Jaipur: Amber Fort, City Tour
South India The Health Village July 21-26, 2020	Cochin: Kerala Culture & History, Ayurveda in India, Health Consultation Camps, Local Formulation Making, Special Therapies Demo, Diamond Jubilee Celebration, Herbal Gardens & Manufacturing Factory
South India Kerala Countryside July 26-28, 2020	Thekkady & Periyar: Nature Tour & Hike in Periyar National Park
South India Kerala Backwaters July 28-30, 2020	Kumarakom and Backwaters: Rest and relaxation, traditional Kerala houseboat ride in Kerala Backwaters
South India AyurvedaGram July 30-August 4, 2020	Bangalore: Complete Rejuvenation Program including daily Ayurvedic therapies, Ayurvedic Yoga workshops, Ganapathi Homam Fire Ritual, India Cultural Night

**Due to unforeseen circumstances, some activities and accommodations may be unavailable.*

Begin your journey!

Trip Fees

Early bird special ends Feb 28, 2020

North & South - 21 Days

\$6,190* **\$5,940*** save \$250

South - 15 Days

\$4,290* **\$4,115*** save \$175

**Includes all expenses except your travel to and from India. All travel within the scheduled trip is included. Price based on double occupancy. Limited single occupancy for additional cost - first come, first serve.*

Schedule of Fees

Nonrefundable Deposit: \$500

Due upon registration

Payment Plans:

Option 1 - PIF: Pay the remainder of your balance less the deposit by April 1, 2020.

Option 2 - Split Payments: Pay the remainder of your balance in two equal payments. Payment 1 is due by March 1, 2020.

Registration closes and 100% of trip fees due on April 1, 2020.

Additional Stay & Panchakarma Therapy Options

Additional stay after the scheduled program is available to experience extended healing therapy services. Please note trip extensions must be made in advance directly with AyurvedaGram. For rates and more information, please contact AyurvedaGram directly and use the promo code *KAAUSstudent2020* to receive a discounted rate as part of our India Immersion program.

AyurvedaGram

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Learn More & Register

Suzanne
Otterbein

Enrollment Advisor

+1 (888) 275-9103 x10

admissions@keralaayurveda.us

Suzanne is Kerala Ayurveda USA's National Enrollment Advisor as well as a KAA level I graduate and experienced traveler with us. She is happy to answer any questions you have and help you decide if you're ready for this trip of a lifetime!



Course Credit: Ayurvedic Students are eligible for course credit to Kerala Ayurveda programs and NAMA PACE credits.

Frequently Asked Questions

1. Do I need any knowledge of Ayurveda?

You are not required to have former knowledge of Ayurveda prior to this trip. If you would like to study Ayurvedic principles prior to your trip, please contact us and we can assist you: admissions@keralaayurveda.us.

2. When do I need to register by?

Online registration closes April 1, 2020.

3. Are flights included? How are flights booked?

Travel to and from India is not included in the trip fee. (*Transport to and from Indian airports and between cities is included.*) Attendees are required to book their own airfare. **Please refrain from booking flights until our program minimum is met.**

4. Will I be sharing a room?

Trip fee is based on double occupancy, though limited single occupancy is available for an additional cost on a first come, first serve basis.

5. Do I need a travel visa?

Yes. Visas can be arranged for validity of up to 10 years and you can apply online. We can assist you through the process.

6. What will the weather be like?

The weather in Delhi will be between 80-90 degrees. In Cochin, Kerala, it will be equally warm and humid, with pop up rain showers. In Thekkady and the mountains of Periyar National Park, temperatures will be slightly cooler. Bangalore's average recorded temperature at this time is 78 degrees, with occasional showers.

7. Where will we eat and what is the food like?

You'll experience the tastes of India during your trip with local foods included in your program fee. Most meals will be provided by the onsite restaurants of your accommodations. In Delhi, we will visit known and recommended restaurants. At the Health Village and AyurvedaGram, meals will be Ayurvedic and vegetarian. At all outside hotels, and during lunch service on the houseboat ride, vegetarian and nonvegetarian options will be available.

8. Should I get any vaccines?

Kerala Ayurveda acknowledges that vaccinations are a personal choice. We recommend speaking to your primary care physician and consulting with a travel clinic before deciding upon vaccines.

Kerala Ayurveda Academy & Wellness Center

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