

JOURNEY TO THE HEART OF AYURVEDA

July 22 – August 4, 2024





Embark on a once-in-a-lifetime journey into the world of Ayurveda

Kerala Ayurveda USA invites you to embark on a journey of profound healing, discovery, learning and growth. You will explore Ayurveda, or traditional Indian medicine in its landscape and culture of origin, experience its healing power firsthand, and witness how it operates as a fully-fledged medical system in India.

The journey begins at Kerala Ayurveda's Health Village in Cochin, where you'll be introduced to Ayurveda in India through educational programs and healing opportunities, join our volunteer consultation camps, and tour how Kerala Ayurveda Limited produces herbal products from seed to shelf.

Then you'll hit the road to discover the natural wonders of the Kerala countryside, beginning with the mountain jungles, and all the way to the serene Kerala Backwaters.

The trip concludes with a rejuvenating five nights at our award-winning Ayurvedagram retreat center for personalized Ayurvedic treatments, Yoga, a temple visit 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 healthcare.

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), India, a full-spectrum Ayurvedic company that spans academies, products, research, clinics, hospitals, and resorts.

KAL began as an apothecary on the Periyar River in Cochin, Kerala in 1945, established by the renowned Ayurveda Acharya, the late KGK Panicker. Kerala Ayurveda is one of the most reliable names in Ayurveda healthcare today, drawing upon the rich heritage of Kerala in the South of India – where Ayurveda has been most well-preserved.



Our Team

In addition to your Trip Leader and Coordinator, the Kerala Ayurveda staff in India and the U.S. will support your journey from beginning to end.

Trip Leader

Vaidya. Jayarajan Kodikannath, BSc, BAMS

CEO, Chief Ayurvedic Consultant and Academy Director,
Kerala Ayurveda USA

A Kerala native from an Ayurvedic family, “Dr. J” is a master Ayurvedic clinician, having served the majority of his career as a doctor in Indian clinics, including Kerala Ayurveda’s Ayurvedagram. In addition to overseeing Kerala Ayurveda’s Academy, Wellness Center and Product divisions, he serves as a Lead Faculty and maintains an active wellness practice. He is also responsible for supporting the industry’s growth as President of the National Ayurvedic Medical Association. Classically trained and deeply-versed in the Ayurvedic root texts, the Vedas, Dr. J will ground the journey to India with stories from his personal experience.



***“I am blessed to
serve thousands
of people and
shift their lives”.***

Trip Coordinator

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.



Welcome to Kerala

The state of Kerala in southwestern India is renowned for its traditional Ayurveda, preserved for thousands of years.



The Health Village | 5 nights



Your journey begins at the Kerala Ayurveda Health Village in Cochin (Kochi) on the banks of the Periyar River, host to leading Ayurvedic health programs.

Here you will spend five nights under the care of the warm Health Village staff. We welcome you home to your optimal wellness with daily yoga, meditation and traditional Ayurvedic vegetarian meals. Our experienced Ayurvedic medical team is also available to assist your acclimation process, help you destress from the travel with Ayurvedic treatments, and recommend any needed Ayurvedic herbs to ease your mind and body.

During your time in Cochin, you'll have an insider's pass to the Ayurvedic industry, learning from our Health Village staff during onsite lectures and practicums, consultation camps at a local orphanage and elderly home, as well as our product manufacturing process at the Kerala Ayurveda Limited gardens and factory.

COCHIN

The striking port city of Cochin, or Kochi 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 is maintained to date with its ancient churches, cathedrals, temples and forts.



Programs in Cochin

Kerala Culture & History

Learn about The Health Village and Kerala state with an evening talk on the local legends, customs, and culture of Ayurveda's birthplace.

Ayurveda in India

Discover how Ayurveda is woven into the fabric of Kerala culture and is uniquely practiced in India compared to the U.S.

Health Consultation Camps

One of the tenets of practicing Ayurveda in India is devotion to one's community. In this spirit, Kerala Ayurveda sponsors a home for the elderly as well as an orphanage. You will have a special opportunity to volunteer at these camps and interact with the Ayurvedic Doctors and patients.

Special Therapies Demo

Take a front-row seat to the special therapies available only in India: Raktamoksha - Bloodletting and Agnikarma - Cauterization, as well as Ayurvedic Eyeliner.

Local Formulation Making

Learn the traditional methods to prepare simple formulations at home for your daily wellness, including signature recipes from The Health Village.



Programs in Cochin



Herbal Garden Tour

Meet Kerala Ayurveda's plants in the Herbal Garden of Cochin, home to over 1,000 species, some rare and endangered. You will learn their features and medicinal applications as you observe, touch, and smell the herbs.

Manufacturing Factory Tour

At the factory, observe how Ayurvedic medicines are manufactured in large quantities including liquid medicines, powders, tablets, ointments and more.



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 heritage of almost 80 years.



PERIYAR

Explore the natural
wonders of Ayurveda's
native landscape



Periyar Wildlife & Tours | 2 nights



Feel the heart and soul of Kerala, known as “God’s Country” in the lush wilderness of the Periyar National Park. You’ll spend two nights on the perimeter of the sanctuary, nestled in the mountains. Activities center around experiencing and connecting with nature:

Mountain hikes for all levels

Local elephants visit

Native spice tour



BACKWATERS

Soak in the enchanting Kerala Backwaters where the jungle meets the sea



Kumarakom | 2 nights



Houseboat Tour + Birds & Butterflies Walks

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

Vembanad Lake is connected to the famous Kerala backwaters - a large network of lagoons parallel to the Arabian sea linked by 38 rivers and canals. The backwaters were formed by wave activity at the mouths of rivers flowing down from the Western Ghats Mountains, and are among some of the Kerala region's unique geographies. The lake is a popular pit-stop for migrating birds, offering a chance to see a variety of species.



AYURVEDAGRAM

Award-winning
wellness retreat



Ayurvedagram | 5 nights

Ayurvedagram is among the Top Five Ayurvedic Health Resorts in India, internationally reputed for authentic Ayurveda treatments and rejuvenation programs.

Located near Bangalore for accessibility, the soul of Kerala is channeled with lush medicinal gardens throughout the healing complex. The cool breeze, sounds of birds and the aroma of herbs comprise a serene ambiance to elevate the spirit.

You'll stay in traditional-style Kerala homes and dine in a vegetarian restaurant famous for its Kerala-style preparations and other South Indian delicacies.



Ayurvedagram programs

Personalized Rejuvenation Program

Your wellness package includes an Ayurvedic Doctor Consultation, two Ayurvedic Therapies per day at the Panchakarma treatment center, as well as Herbal Formulations, Lifestyle Guidelines, and access to daily Yoga, Pranayama, and Meditation classes.

Sun Salutation Outdoor Yoga

All levels are welcome to greet *Surya*, the sun, at sunrise in the gardens with an energizing flow of postures.

Local Shopping

Excursions provided for acquiring local goods and traditional dress for our Cultural Night.



Ayurvedagram programs

Temple Visit

Visit a local Hindu temple and soak in the ancient architecture and ritual.

Sericulture Field Visit

See how India's local economy grows the raw material for the country's famous silks.

Medicinal Herb Garden Tour

Ayurvedagram's grounds are home to hundreds of medicinal plants that you can see up close, learning their uses in Ayurvedic treatments and home remedies.

India Cultural Night

Don your best Indian-style dress for dinner and an evening show of traditional Kerala dance.



Itinerary

Dates

Sun July 21
1 night

July 22-25 Sun-Thur
4 nights

Cochin, Kerala
Kerala Ayurveda's
Health Village

July 26-27 Fri-Sat
2 nights

Periyar, Kerala
Spice Village*

July 28-29 - Sun-Mon
2 nights

Kumarakom, Kerala
Coconut Lagoon*

Activities

Suggested arrival: July 21*

Arrival in Cochin (Kochi) Airport (COK)
Earliest Health Village check-in at 6am

Ayurvedic Consultations and Treatments Available
Orientation

Kerala Culture & History

Ayurveda in India

Health Consultation Camps

Local Formulation Making

Special Therapies Demo

KAL Herbal Garden and Manufacturing Factory Tours

Local Walks & Shopping available upon request

Wild Herb Tour

Wilderness Hike

Elephant Visit

Local & Cultural Activities offered by hotel

Rest & Relaxation

Traditional Kerala Houseboat Ride

Birds & Butterflies Walks

Cultural Activities offered by hotel

Itinerary

Dates

Jul 30 - Tues

**Jul 30-Aug 4 - Wed-Sun
5 nights**

Bangalore, Karnataka

Kerala Ayurveda's
Ayurvedagram Heritage
Wellness Center

Sun Aug 4

Activities

● **Travel day to Bangalore**

● Orientation & Ayurvedagram Tour
Personalized Rejuvenation Program
Sun Salutation Outdoor Yoga
Local Shopping
Temple Visit
Sericulture Tour
Medicinal Herb Garden Tour
India Cultural Night

● **Suggested departure: Aug 4***

Departure from Bangalore Airport (BLR)
Recommended departure flight: Aug 4 at 8pm - Aug 5 at 4am
Access to guest room provided until late night departure

***Please note all programs and activities are subject to change.** Due to group size and unforeseen circumstances, some activities and accommodations may be unavailable. If you are looking forward to something in particular, please let us know so we can advise you on its likely availability

***Additional stay** prior to or after the trip (before July 21 or after Aug 4) may be arranged at The Health Village or AyurvedaGram at an additional cost. Please find more information on the next page on arranging additional stay.

Begin the journey

Trip Investment

\$4,970

- Includes all expenses except airfare.
- Travel to and from airports, and between accommodations is included.
- Fee based on double occupancy.
- Limited single occupancy for an additional \$980
– first come, first serve.

Schedule of Fees

Deposit: \$500 due upon registration to secure place (non-refundable).

Payment Plans: Payment plans can be arranged. Please contact us to arrange a payment plan. Please note, that restrictions on payment plans may exist beginning April 1, 2024. Registration closes on April 1, 2024. All remaining fees must be paid by April 15, 2024.

Extended Stay and Panchakarma Therapy Options

Extensions are available for acclimation and deeper healing therapy services. Trip extensions must be made in advance. Please contact our Trip Coordinator, Kathy Moore to arrange extended stay: kathy@keralaayurveda.us.

The Health Village - book additional stay prior to July 21

Monastery Lane, Karimattathu, Aluva Munnar Road,
Aluva, Kerala, India-683101

AyurvedaGram - book additional stay after August 4

Hemandanahalli, Samethanahalli Post,
Whitefield, Bengaluru, Karnataka 560067

Learn more and register

keralaayurveda.us/courses

+1 (888) 257-9103 x10

admissions@keralaayurveda.us

Our Admissions team 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 and professionals are eligible for course credit towards Kerala Ayurveda programs and earning NAMA PACE credits.

Frequently asked questions

Do I need any knowledge of Ayurveda?

No. You are not required to have former knowledge of Ayurveda prior to this trip. If you would like to study Ayurvedic principles prior to traveling, please contact Admissions and we can assist you: admissions@keralaayurveda.us | +1 (888) 275-9103 x10.

When do I need to register by?

Online registration closes on April 1, 2024. After April 1, registrants are accepted on a case-by-case basis. There is a group size limit for this trip, so we encourage joining as soon as possible to secure your spot.

If my plans change, are refunds available?

Refunds are available for the full amount of fees through April 15, 2024. Beginning April 16, 2024, full refunds are not available.

Are flights included? How are flights booked?

Airfare to and from India is not included in the program 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.

Will I be sharing a room?

The trip fee is based on double occupancy, though limited single occupancy is available for an additional \$980 on a first-come, first-serve basis.

When do I need to depart by?

Your departure flight should be booked at the latest on July 20th for you to arrive in Cochin (Kochi) – COK, India by July 21st. Please refrain from booking flights until our program minimum is met.

Can I arrive earlier / stay later than the scheduled program?

Yes. We suggest you arrive by the evening of July 21st. You are welcome to arrive by 6am on the 21st at The Health Village, or arrive earlier at an additional cost. You may also stay after August 4th at Ayurvedagram for an additional cost. Please contact Kathy to request more info on extended fees and services: kathy@keralaayurveda.us.

Frequently asked questions

Do I need a travel visa?

Yes. We recommend you secure a Tourist Visa as early as possible, which can be arranged for validity of up to 10 years. You can apply online.

What will the weather be like?

The weather in Cochin and Bangalore will be warm and humid the majority of time, with the average recorded temperature of 78 degrees and occasional showers. In the mountains of Periyar National Park, temperatures will be slightly cooler.

Where will we eat and what is the food like?

You'll experience the tastes of Southern India during your trip with local foods included in your program fee. Meals will be provided by the onsite restaurants of all your accommodations. At the Health Village and Ayurvedagram, meals will be Ayurvedic and vegetarian. At the outside hotels and during the lunch service on the houseboat ride, vegetarian and non-vegetarian options will be available.

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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