

## ***Greetings!***

We are extremely delighted to finally share with you more details including pricing for this rare opportunity to join our retreat at Somatheeram Ayurveda Health Resort in India – India being the birthplace of Yoga + Ayurveda, the sister health science of yoga.

Our intention is to offer you a comprehensive healing immersion through the artful combination of Ayurveda + Panchakarma alongside *Svaroopaa*® Yoga + Meditation. It is designed to bring your body, mind + soul into balance through deep relaxation, nurturing purification + revitalization so you can live in your best possible state. What we personally found to be exponentially valuable was experiencing this all amidst the genuine culture + spirituality of the Motherland India.

Below is the important information you need. We will be happy to answer any questions you have + help in any way we can to make this once in a lifetime experience a reality.

FYI there are 7 slots open with reserved accommodations under the “Special Cottage” category.

Namaste,

*Tish Roy* CSYT, RYT 500 + *Addie Alex* CSYT, RYT 500  
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[addie.alex@verizon.net](mailto:addie.alex@verizon.net) / 508.380.6903

***\* Time sensitive information – go below to RESERVATIONS section***

**The trip is being coordinated + sponsored by 2 seasoned *Svaroopaa*® Yoga Teachers**

- Tish Roy CSYT, RYT 500  
<http://www.anandamindbody.com/about-us/>
- Addie Alex CSYT, RYT 500
- <http://www.lightoftheyeartyoga.com/about/ourteachers.html>

*Both have personally traveled to India multiple times + received Ayurveda Panchakarma treatments.*

## **DATES**

**Saturday April 7<sup>th</sup> 2018 – Friday April 20<sup>th</sup> 2018**

- The program begins on Saturday April 7<sup>th</sup> which means you will want to depart on Thursday April 5<sup>th</sup> (due to the time change it takes 2 days to travel to India)

- The program ends on April 20<sup>th</sup>. We recommend you depart India on Saturday April 21<sup>st</sup> (due to the time change it only takes 1 day to return to USA)

## PLACE

### **Somatheeram Ayurveda Health Resort – Kerala, India**

[www.somatheeram.org](http://www.somatheeram.org)

- Repeatedly won the National Tourism Award for Best Wellness Center
- Won Kerala State Tourism Award for Ayurveda
- Addie Alex has personally stayed at this resort + received Ayurveda Panchakarma attesting to the quality of its services

## AYURVEDA PACKAGES

### **You have two 14-day Ayurveda Panchakarma Packages to choose from**

- Rejuvenation
- Body Purification

Go to <http://www.somatheeram.org/en/ayurveda/ayurveda-packages> for more info

### **Each Ayurveda Panchakarma Package includes the following services for the duration of your stay**

- Accommodation in the booked room category
- Daily Ayurvedic treatments according to your chosen booked package
- Daily Ayurvedic vegetarian full board
- Daily Consultation with Doctors
- Final Consultation with Doctors
- Free medicines during treatment period
- Creation of Individual Ayurvedic Diet Plan

### **The following services are complimentary along with every booked package**

- 1 Half-Day Boat Tour of the Backwaters
- Airport Transfers to + from Trivandrum International Airport

## PRICING

### **Pricing for your 14-Day Ayurveda Panchakarma Package**

(package prices vary according to your choice of accommodations)

- €1,750 - €3,444 Double Occupancy
- €2,226 - €5,152 Single Occupancy
- Prices subject to change based on conversion rates at date of reservation
- Currently 1 Euro € = \$1.06 Dollar
- *Please note: there are several options for accommodations – villa, cottages, standard rooms - which have different range of pricing based on single or double occupancy*

**This pricing is all-inclusive for the duration of your 14-day stay**

- Room
- Food
- Daily Ayurveda Panchakarma sessions
- As well as all the above-mentioned in the description of Ayurveda Panchakarma Packages

**ROOM OPTIONS**

**Description of rooms**

- <http://www.somatheeram.org/en/somatheeram/rooms>

**Pricing for rooms**

- Download the Tariff Book from the link above (it shows up when you click on a room selection). On page 5 you will find a red Ayurveda Panchakarma chart. Look at the pricing for the **High Season 14 Night Packages**. There you will find the corresponding price for your room choice

**SERVICE FEE**

**\$450 Service Fee (\$32 per day) includes:**

- 1 daily *Svaroopā*® Yoga class taught by Tish + Addie
- 1 daily meditation class taught by Tish + Addie
- 1 private session
- Coordination of trip
- 24-hour support while at Somatheeram

**TOTAL PRICING**

**\$3,400 is an estimated example of your total price package based on lowest package fee for double occupancy, including current estimated economy airfare for one adult round trip:**

- €1,750 Ayurveda Panchakarma Package (*includes room, food + treatments x 14 days*) that's a reasonable \$125 per day!
- \$450 Service Fee
- \$1,200 Emirates Airline (Leaving out of Boston Logan Airport with layover in Dubai + final destination TRV Trivandrum Airport in Kerala India)

*You are personally responsible for your own air travel arrangements to Trivandrum, India. Somatheeram picks you up at the Trivandrum airport + we will handle the rest.*

### **RESERVATIONS\***

**Somatheeram can accommodate only 16 Ayurveda Panchakarma Packages. They are booking up quickly + require us to confirm the reservation by **MARCH 10, 2017** with the following:** (*The reservation for this retreat is confirmed. There are 7 Panchakarma packages still available.*)

- **Your room selection – Please email Tish or Addie your room selection**
- **A non-refundable deposit of \$500 (Credit Card payment available see below)**

*If this short notice is a financial hardship + your heart is set on going please contact Tish or Addie*

**We have designed a payment schedule to help make the finances more doable for all parties**

- A \$500 non-refundable deposit by: **March 10, 2017 (new date: June 7, 2017)**  
(If you withdraw + we are able to fill your spot, the full deposit of \$500 will be refunded)
- Half of balance due by: **September 7, 2017**
- Remaining balance due by: **February 7, 2018**

**Once you have confirmed your spot on this trip, you will be invited to join us for a conference call to help answer questions that may not have been answered in this initial information package. Conference call date TBA in the near future.**

### **DEPOSIT + PAYMENT OPTIONS**

- Credit Card [www.anandamindbody.com](http://www.anandamindbody.com)
- Check written out to Ananda Mind Body Therapies + sent to Tish Roy,

1200 Washington St #408 Boston MA 02118

### **SOMATHEERAM CANCELLATION POLICY**

- More than 60 days prior to arrival: one-time cancellation fee of 100 euro
- 30 to 60 days prior to arrival: 50% of effective booking value
- Cancellation less than 30 days prior to arrival: 100% of effective booking value = no refund

### **TRIP INSURANCE**

- We strongly advise you to get your own trip insurance

### **OTHER PERTINENT INFORMATION**

- Must have a Passport
- Must get a Visa
- Vaccinations – please consult your personal doctor for recommendations, travel clinic or the CDC
- You will have free time in between classes + Ayurveda sessions. Somatheeram will be happy to arrange excursions
- Flights – shortest flights are the least tiring but more expensive. We highly recommend you get a flight to Dubai versus Mumbai or Delhi as these airports can be confusing