



CARAMAYA WELLBEING RETREATS

KERALA

NOVEMBER 15 - 24 2024



RETREAT

YOGA

Strengthen body
Calm mind
Nurture spirit
Deepen practice
Foster balance

CULTURE

Explore beyond
Broaden view
Rejuvenate spirit
Delight senses
Inspire mindfulness

DISCOVERY

Joyful journey
Soulful reflection
Mindful growth
Heartfelt gratitude
Enlightened awareness

RELAXATION

Inner calm
Peaceful renewal
Blissful harmony
Deep healing
Holistic wellbeing



KERALA

Kerala, often referred to as "God's Own Country," is where natural beauty and cultural richness blend seamlessly. From tranquil backwaters that wind through lush landscapes to the rolling tea plantations of the Western Ghats, Kerala offers a gentle escape into serene vistas. The state's vibrant culture invites you to immerse yourself in its rich heritage. Whether you seek adventure, relaxation, or spiritual renewal, Kerala's diverse landscapes and warm hospitality make it a destination that captivates and delights the soul.



Strengthen body
Deepen practice
Calm mind
Nurture spirit
Find balance



Ten days of daily yoga and meditation, in a place where this ancient practice has been a way of life for centuries. As you deepen your practice each day, you'll feel your body grow stronger and more flexible, while your mind becomes clearer and more focused and your spirit is soothed.

The serenity of Kerala invites you to fully disconnect from daily stresses, fostering a profound sense of relaxation and inner peace. By the end of the retreat, you'll not only feel physically revitalised but also mentally refreshed, carrying home a renewed sense of balance and purpose.

YOGA

CULTURE



**Broaden views
Delight senses
Explore beyond
Rejuvenate spirit
Inspire mindfulness**

Explore the rich tapestry of Kerala's culture, from ancient dance forms to traditional crafts. Learn about local herbs and spices, art, cooking and classical performances, and gain insights into the holistic ancient traditions that have shaped this vibrant state. Let's go beyond the guidebooks as I take you to hidden temples, quiet backwaters, and breathtaking landscapes that will allow you space to breathe and dream. Engage with the joyful warmth of this southern state and discover the Kerala way of living, embracing the gift of greater clarity on your own journey through life.



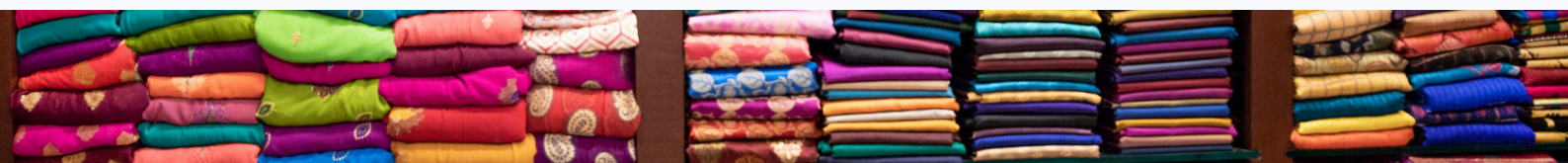
Joyful journey Soulful reflection Mindful growth Heartfelt gratitude

This transformative journey is designed for those who crave deep, joyful connections and new experiences. Whether you're a seasoned traveller or meeting India for the first time, Kerala offers a magical, light-hearted setting that will captivate your senses and soul.

Each day of the retreat is thoughtfully crafted to foster laughter, personal growth and relaxation. With daily yoga and meditation sessions, in a variety of landscapes, allowing you to deepen your own practice and find deep inner peace. Enhance your wellbeing with personalised Ayurvedic treatments to balance and rejuvenate mind, body and spirit.

Our guided exploration includes cultural excursions and workshops that will immerse you in Kerala's vibrant traditions and history. Discover authentic culinary experiences that celebrate local flavours and ingredients, learn about traditions, dance, history and so much more.

Stay in accommodations that reflect the charm and warmth of the region, offering a unique and authentic experience. This retreat is not just a getaway but an opportunity to connect more deeply with yourself and the world around you. Prepare to return home refreshed, inspired, and enriched by the wonders of Kerala.



Inner calm
Peaceful renewal
Blissful harmony
Deep healing
Holistic wellbeing



In the relentless whirlwind of everyday life, stress and burnout can become constant, underlying, unresolved conditions. This accompanied and guided ten-day retreat offers a unique opportunity to escape a damaging cycle and rejuvenate in a profoundly different way. By immersing yourself in the serenity of Kerala and embracing daily yoga and meditation, the pressures of daily life gradually dissipate. You learn a new way of being - lighter and more joyfully, mindfully present.

Each moment is designed to help you reconnect with yourself and the world around you. As you embrace the slow, mindful pace of Kerala, you'll experience a refreshing transformation. The stresses of daily life will be replaced by a deep sense of peace and clarity. This retreat offers a break from routine and equips you with lasting tools for relaxation and resilience, ensuring that you return refreshed, and profoundly revitalised.

RELAXATION



RETREAT

INCLUDES

Ten Days of Guided Exploration
Yoga and Meditation Sessions
Accommodation
Breakfasts
Lunch or Dinner Daily
In-Country Transport
An Ayurvedic Treatment
Cultural Excursions and Classes

EXCLUDES

International Travel
Airport transfers
Insurance
Visas
Tips

INVESTMENT

Single Occupancy £2150
Double Occupancy £1850

BOOKING

Caramaya.wellbeing@gmail.com
+44 (0)7508066749
Payment by bank transfer

HOST

Kate Horsburgh, your dedicated guide and yoga and meditation teacher, brings a lifetime of experience living and traveling across India. Her deep connection with Indian culture and holistic practices enriches every moment of her retreats.

Kate gently blends authenticity and enthusiasm with compassion, creating a transformative journey for each participant, fostering growth, inner peace, and mindful exploration.