



与Dario 老师一起...
阿育吠陀浸儒印度之旅

时间：2017.4.8-15 (7晚7日)
地点：Isola Di Cocco 阿育吠陀
海滩度假村, 印度喀拉拉邦

Dario Calvaruso
Yoga and Āyurveda
Retreat in Kerala [India]
8~15th April 2017

don't
miss the
early-bird
price

Navakaraṇa Vinyāsa Immersion Retreat with Dario Calvaruso

**A programme including
Yoga, Āyurveda and
Cultural activities as Traditional Martial Art and Classical Drama.**

**From Saturday 8 April to Saturday 15 April, 2017 (7 nights/7 days)
Isola Di Cocco Ayurveda Beach Resort,
Kerala, India**

Limited Space Available

About the retreat

An intensive Navakaraṇa Vinyāsa immersion programme and practice supported by Personalised Āyurvedic treatments, delicious food, relaxing and cultural activities.

About Isola Di Cocco Ayurvedic Beach Resort

The Isola Di Cocco ("The Island of Coconuts"), a unique heritage resort cosseted by a coconut grove, resides on the banks of the river Poovar, at the juncture where the tranquil river embraces the roaring Arabian sea.

Isola Di Cocco is tucked away in the southwestern tip of India in the State of Kerala - the internationally renowned tourist destination (projected as one of the 50 best "must see destinations" in the world by the National Geographic Traveller Magazine).

The resort is virtually encircled by water. Here nature offers you her bountiful best - a riverbank, a beach, lakes, ponds and backwaters. Look out from the resort, and you see the river beyond which is the delightful private beach and yonder, the sea.

A sense of exclusivity is evident immediately as you approach the entrance of Isola Di Cocco, which offers a warm and personal welcome. You will find secluded clusters of housing villas, each with its own balcony offering the typical Keralian architecture with flair. Lush, tropical landscaping, oceanfront pools and palm-laced stone walkways create a hideaway of tropical privacy.

Here you have the river, the lakes, the backwaters, countryboat rides and what's more, Ayurveda. If you dream of relaxing in a heritage room or lying on the beach, lulled by the sound of waves and the rustling of palm fronds stirred by tropical trade winds, then Isola Di Cocco is just right for you.

Accommodation and Food

Accommodation

Isola Di Cocco offers rooms spread over 30 acres studded with palms and lush greenery. Privacy abounds at this upscale resort, where you'll enjoy romantic seaside dining, lively open-air bar, attentive staff, large fresh water pool, great backwater rides and lots of relaxation. Laze around our coconut grove or relax in a hammock with books from our well-stocked library. All rooms are air conditioned and built to international standards and facing the garden. For more information please visit: <http://www.isoladicocco.com>

Rooms are rented on a first-come-first-served basis upon registration and settlement of full payment for the retreat.

Yoga Practice

Navakaraṇa Vinyāsa sessions are offer both morning and afternoon under the guidance of Dario Calvaruso. Session are open to all. Participants are free to "drop in and out" anytime according to their interest and stamina. **Please bring your own yoga mat!**

Food

The food is 100% vegetarian, supporting the balance of body and mind. The time for meals is fixed according to schedule. The meals are hygienic, tasty and traditional Kerala style.



Suggestive Schedule

Day 1: 8 April

Arrive at night and rest

Day 2: 9 April

7:00am - 7:30am	Orientation
7:30am - 9:00am	Āyurvedic Consultation
9:00am - 9:30am	Breakfast (vegetarian - traditional Kerala style)
9:30am - 11:00am	Navakaraṇa Vinyāsa Practice
11:00am - 12:30pm	Personalised Āyurvedic Treatment
1:00pm - 2:00pm	Lunch (Ayurvedic Personalised Vegetarian meal - Kerala style)
2:00pm - 3:30pm	Leisure time
3:30pm - 6:00pm	Navakaraṇa Vinyāsa Practice
7:00pm - 8:00pm	Dinner (Ayurvedic Personalised Vegetarian meal - Kerala style)

Days 3-7: 10~14 April*

7:30am - 9:00am	Navakaraṇa Vinyāsa Series Practice
9:00am - 10:00am	Breakfast (vegetarian - traditional Kerala style)
10:00am - 11:30am	Āyurveda Nutrition and Lifestyle
11:30am - 1:00pm	Personalised Āyurvedic Treatment
1:00pm - 2:15pm	Lunch (Ayurvedic Personalised Vegetarian meal - Kerala style)
2:15pm - 4:00pm	Leisure time
4:00pm - 6:30pm	Navakaraṇa Vinyāsa Practice
7:00pm - 8:00pm	Dinner with Traditional

**Martial Arts (Kalaripayattu) on one of these days.*

**Traditional Classic Drama Performance on one of these days.*

Day 8: 15th April

7:30am - 9:30 am	Navakaraṇa Vinyāsa Practice
9:30am - 10:30am	Breakfast
10:30 am - 12:00pm	Leisure time
12:45pm - 2:15pm	Lunch and Getting ready to leave



Packages & Prices

Price are inclusive of:

- 7-night accommodation, prevailing taxes and service charges
- Round-trip airport-hotel transfer
- three meals each full day
- All yoga/lecture fees
- Basic internal medicines
- One Ayurvedic consultation by doctor
- one Ayurvedic treatment per each full day
- in-room herbal water
- Traditional Classic Drama - Kathakali Performance
- Traditional Martial Arts performance
- flights and all other costs are not included.

Early-Bird Price

HK\$ 13,100 / person (Twin share room)

HK\$ 14,900 / person (Single room)

Last day for Early-Bird Discount is **January 31st, 2017.**

≈15%
Discount

Regular Price

HK\$ 15,000 / person (Twin share room)

HK\$ 17,150 / person (single room)



Terms & Conditions and Other General Information

Minimum Students

The retreat requires a minimum of 15 students.

Early-Bird ≈15% Discount:

Last day for Early-Bird Discount is **January 31st, 2017**

Refunds/Cancellation:

- No refund or credit will be issued for cancellations.

Travel & Flights:

You will book your own flights. Please book early to get the best flight to arrive at the hotel on time. When you check flight schedules, look for flights flying to Trivandrum International Airport. Isola Di Cocco Beach Resort is situated by the side of the Kovalam – Poovar-Kanyakumari road, and is only a 45-minute drive from the Trivandrum Airport. We will arrange airport transfer for you.

Visa Entry & Requirements:

Please comply with all visa and health requirements of India. Pure, faculty and organisers are not liable for any illness, delays or costs resulting from your failure to meet these requirements. **Please ensure that your passport is valid for at least 6 months from the day you arrive in India.** For detail about travel visa, please visit: <http://www.incredibleindia.org/en>

Travel Insurance:

We highly urge you to purchase Travel Insurance.

Terms & Conditions:

The resort is Isola Di Cocco Ayurvedic Beach Resort, Kerala, India.

Register

All the applications should be sent via email to:

Carol Wong: carolhongmei522@gmail.com

and Cc to Dario Calvaruso : dario.calvaruso@pure-international.com

You will receive the application form and payment details via email. Thank you!