



Dario 老师联手瑜伽杂志...

阿育吠陀浸儒印度之旅

时间：2017.12.12-19 (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 With Yoga
Journal

Yoga and Āyurveda
Retreat in Kerala [India]
12~19th December 2017

don't
miss the
early-bird
price

Navakaraṇa Vinyāsa Immersion Retreat with Dario Calvaruso

**A program includes Yoga, Āyurveda and
Cultural activities as Traditional Martial Art and Classical Drama.**

**From Tuesday 12 December to Tuesday 19 December, 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

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: 12 December

Arrive at night and rest

Day 2: 13 December

07:00am - 07:30am	Orientation
07:30am - 09:00am	Āyurvedic Consultation
09:00am - 09:30am	Breakfast (vegetarian - traditional Kerala style)
09:30am - 11:00am	Navakaraṇa Vinyāsa Practice
11:00am - 12:30pm	Personalised Āyurvedic Treatment
01:00pm - 02:00pm	Lunch (Ayurvedic Personalised Vegetarian meal - Kerala style)
02:00pm - 03:30pm	Leisure time
03:30pm - 06:00pm	Navakaraṇa Vinyāsa Practice
07:00pm - 08:00pm	Dinner (Ayurvedic Personalised Vegetarian meal - Kerala style)

Days 3-7: 14~18 December*

07:30am - 09:00am	Navakaraṇa Vinyāsa Series Practice
09:00am - 10:00am	Breakfast (vegetarian - traditional Kerala style)
10:00am - 11:30am	Āyurveda Nutrition and Lifestyle
11:30am - 01:00pm	Personalised Āyurvedic Treatment
01:00pm - 02:15pm	Lunch (Ayurvedic Personalised Vegetarian meal - Kerala style)
02:15pm - 04:00pm	Leisure time
04:00pm - 06:30pm	Navakaraṇa Vinyāsa Practice
07:00pm - 08:00pm	Dinner with Traditional performance

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

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

Day 8: 19th December

07:30am - 09:30 am	Navakaraṇa Vinyāsa Practice
09:30am - 10:30am	Breakfast
10:30am - 12:00pm	Leisure time
12:45pm - 02:15pm	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\$ 14,340 / person (Twin share room)

HK\$ 16,750 / person (Single room)

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

≈15%
Discount

Regular Price

HK\$ 16,500 / person (Twin share room)

HK\$ 19,300 / 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 **October 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](#)

For applications, please email:

carolhongmei522@gmail.com

and copy to dario.calvaruso@pure-yoga.com

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

Dario 老师联手瑜伽杂志... Navakaraṇa Vinyāsa 滯儒静修

此次活动内容丰富包括
瑜伽、阿育吠陀及
颇具文化内涵的传统武术及舞蹈表演

2017 年 12 月 12 日 - 19 日(7 晚/7 日)
Isola Di Cocco 阿育吠陀海滩度假村

关于此次静修

Navakaraṇa Vinyāsa 阿育吠陀浸儒是一次结合了Navakaraṇa Vinyāsa 强度练习及阿育吠陀疗程，配以健康美食及休闲娱乐的活动。

Isola Di Cocco Ayurvedic 海滩度假村

Isola Di Cocco (“椰岛”) 是一组被椰林环绕的独具特色的亭院建筑，它坐落在 Poovar 河两岸，处在静谧的Poovar河与咆哮的阿拉伯海的交汇处。

住宿及膳食

住宿

客房在学员缴付全款后由酒店按先到先得的方法统一分配。查询请参阅: <http://www.isoladicocco.com>

瑜伽练习

每天早晚各有一节由 Dario Calvaruso 老师引领的Navakaraṇa Vinyāsa 瑜伽课。练习对所有学员开放, 学员可根据自己的兴趣及身体状况选择参加或自行活动。请自备瑜伽垫。

膳食

每日三餐全素, 以促进身心平衡。用餐时间请参阅日程表, 食物为传统喀拉拉风味, 卫生美味。



日程表

第一天 12月12日

晚上抵达酒店，休息

第二天 12月13日

07:00 – 07:30	老师向同学们介绍整个行程的安排
07:30 – 09:00	阿育吠陀诊疗
09:00 – 09:30	早餐 (喀拉拉邦传统素食风味)
09:30 – 11:00	Navakaraṇa Vinyāsa 练习
11:00 – 12:30	阿育吠陀草油按摩
13:00 – 14:00	午餐 (阿育吠陀素食 – 喀拉拉邦传统风味)
14:00 – 15:30	自由活动
15:30 – 18:00	Navakaraṇa Vinyāsa 练习
19:00 – 20:00	晚餐 (阿育吠陀素食 – 喀拉拉邦传统风味)

第三至七天 12月14 – 18日*

07:30 – 09:00	Navakaraṇa Vinyāsa 练习
09:00 – 10:00	早餐 (传统素食风味)
10:00 – 11:30	阿育吠陀营养及日常应用
11:30 – 13:00	阿育吠陀草油按摩
13:00 – 14:15	午餐 (阿育吠陀素食 – 喀拉拉邦传统风味)
14:15 – 16:00	自由活动
16:00 – 18:30	Navakaraṇa Vinyāsa 练习
19:00 – 20:00	晚餐 (阿育吠陀素食 – 喀拉拉邦传统风味)

* 其中一晚会安排武术表演

* 另一晚会安排舞蹈表演

第八天 12月19日

07:30 – 09:30	Navakaraṇa Vinyāsa 练习
09:30 – 10:30	早餐 (喀拉拉邦传统素食风味)



费用及包含项目

费用包括：

- 7 晚住宿，已含服务费及住宿税
- 机场至酒店的接送服务
- 每日早、中、晚三餐
- 瑜伽练习及讲座

- 简单日常用药
- 阿育吠陀诊疗一次
- 每日一次阿育吠陀按摩疗程
- 客房每日提供阿育吠陀草药饮用水
- 印度传统舞蹈- Kathakali 表演
- 传统武术表演
- 不含机票及其它费用.

早鸟价

人民币12,500 /人 (两人房)

人民币14,600 /人 (单人房)

早鸟价截止日期：**2017年10月31日**

≈15%
折扣



条件及有用信息

最低学员人数

此次静修15人成行

早鸟价 ~15% 折扣:

早鸟价截止日期: **2017年10月31日**

退款/取消:

- 一经确认任何原因取消将不获退款

购买机票:

请自行购买机票。尽量提早预订机票, 按时到达酒店。订票时请注意到达机场为 Trivandrum 特里凡得珀机场。Isola Di Cocco 海滩度假村位于 Kovalam – Poovar-Kanyakumari 路, 距机场45分钟车程。酒店提供接机服务。

办理签证:

请遵守印度对签证及健康的各项规定。Pure、员工及主办单位对因未能遵守上述规定而引起的疾病、延误或费用不负责任。确认护照在到访日后6个月仍有效。旅游签证查询, 请前往 <http://www.incredibleindia.org/en>

旅行保险

建议学员自行购买旅行保险

条件:

酒店名称为 Isola Di Cocco 阿育吠陀海滩度假村, 印度喀拉拉邦。

报名

报名请电:

广州U+瑜伽: 8620 85274523 / 86 13760814655

瑜伽杂志: 86 13503067230 小i

小i微信号: 13503067230

非常感谢!