

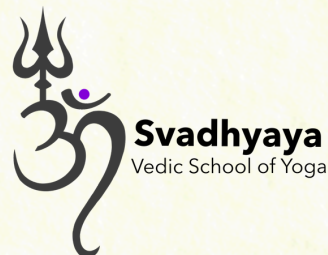
YOGA, AYURVEDA & VIBRATION IN VARKALA

November 30 to December 14, 2026

INFO: WHATSAPP +34 673 45 85 50



INDIA DETOX 



Amaya Kaveri



A journey of inner transformation

through purification, balance, and the opening of the heart, integrating the precision of Iyengar yoga, the wisdom of Ayurveda, and the vibration of mantras.

All of this is rooted in the authenticity of South India, in the exceptional setting of Kerala, where nature surrounds and supports every process.



Backwaters

We invite you on a profound journey into yourself, in South India—the cradle of ancient spiritual traditions.

Our meeting point will be Kochi, the gateway to Kerala and a historic hub of the spice trade, where Eastern and Western cultures blend across a fascinating archipelago of islands.

From there, we will move into the serene beauty of the Alleppey Backwaters, gliding through calm waters and lush vegetation—symbolically transitioning toward a more inward and contemplative state.

Finally, we will arrive in Varkala, by the Arabian Sea, where the rhythm slows down and the body, mind, and heart find space to renew.



Edava beach

In Varkala begins the heart of our experience: an invitation to let go, awaken vital energy, and open to a new way of being.

This retreat is designed as a process of cleansing, renewal, and reconnection. We will combine Iyengar yoga practice, personalized Ayurvedic treatments, conscious, nourishing food, and the healing vibration of mantras and devotional chants—supporting a deep process of purification.

- Yoga sessions for all levels
- Mindful walks and meditation
- Personalized treatments and daily follow-up with an Ayurvedic doctor
- Balanced Ayurvedic meals
- Introductory Ayurveda workshop
- Ayurvedic cooking workshop
- live mantra and devotional chanting sessions
- Visits to temples and sacred places... and a few surprises along the way





Yoga with Amaya Kaveri

Amaya Kaveri is a certified Iyengar Yoga teacher, accredited by the RIMYI in Pune (India), with a deep connection to the yogic tradition.

Between 2000 and 2011, she spent extended periods in India, training with renowned yogis and direct disciples of B.K.S. Iyengar. Since her certification in 2016, she has continued studying with respected teachers in Spain and internationally.

Her teaching is characterized by precision, sensitivity, and respect for individual needs. Faithful to the yogic lineage—especially that of B.K.S. Iyengar—she transmits yoga as an accessible and transformative tool for all.

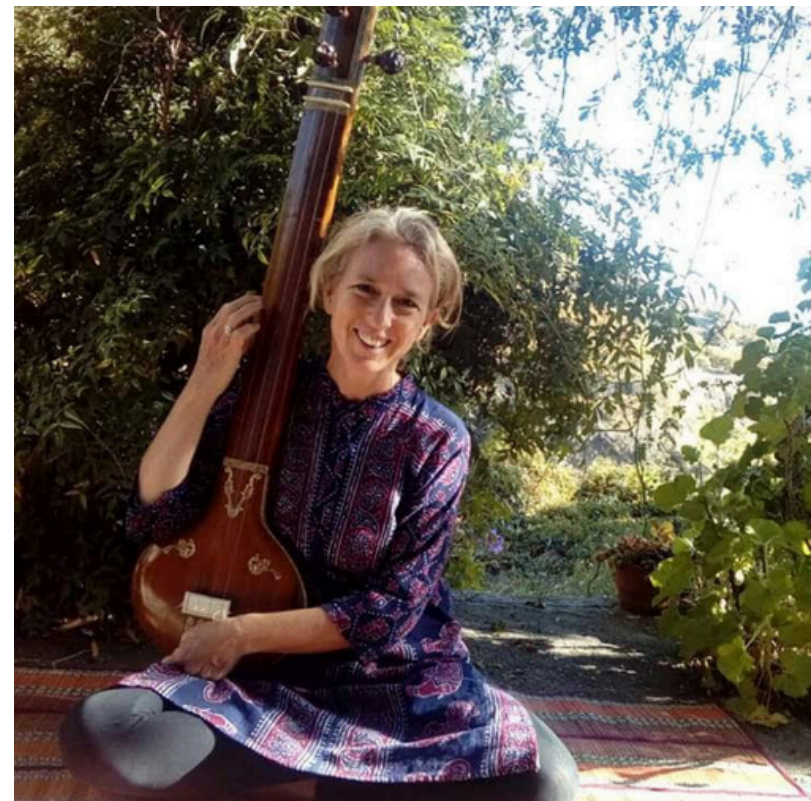
She teaches in Spanish, English, and German.



Amaya in La Herradura beach, Andalusia

The connection Amaya has to Indian culture also extends to music. She studied Hindustani singing and sarod with masters U.F. Dagar and P. Koshti.

This artistic dimension enriches her work, integrating the vibration of sound as a pathway to openness and connection. Mantras connect our inner universe with the greater external universe, and devotional chanting opens the heart through bhakti yoga, awakening universal love.





Shirodhara

During this retreat, yoga practice and Ayurvedic treatments interact and enhance one another, supporting a deep process of rebalancing and renewal.

Iyengar yoga, with its attention to alignment and detail, acts as a tool for observation and refinement. Through asanas and pranayama, we awaken the intelligence of the body, release deep-seated tensions, and encourage the flow of energy. This practice prepares the ground: it opens the channels, regulates the nervous system, and refines perception.

Ayurveda, from a therapeutic perspective, helps eliminate toxins, balance the doshas, and restore vitality. Treatments—such as oil massages, sweating therapies, and specialized care—act directly on the tissues, enabling a deeper cleansing than physical exercise alone can always achieve.



We will stay in an Ayurvedic resort surrounded by lush nature, coconut trees, and just minutes from the sea—a peaceful and inspiring place to slow down and reconnect.

The Panchakarma treatments will take place in a peaceful and welcoming setting, under the supervision of a highly qualified Ayurvedic doctor, with whom you will have the opportunity to meet beforehand during an online consultation. Each program is personalized to support deep detoxification and rebalancing process.

Here, everything is designed so you can truly let go and allow yourself to be held and cared for.





Janardanaswami Temple

Programme overview

This programme runs for 15 days from October 14 to November 3, starting from the day of arrival in India.

Please therefore allow extra time for your journey to Cochin and your return journey.

Day 1 – Nov. 30

Arrival in Cochin. Transfer to the hotel and first tour of the city, depending on your arrival time. Welcome dinner.

Day 2 – Dec. 01

Tour of Fort Kochi with a local guide. Kathakali performance in the evening.

Day 3 – Dec. 02

After breakfast, we'll set off in a private minibus for Alleppey, where we'll go for a boat trip on the backwaters. We'll then continue on to Varkala, arriving there in the evening.

Day 4 to 13 – from Dec. 03 to 13

Yoga & Ayurveda program in Varkala

Day 14 – Dec. 14

Transfer to Cochin Airport according to flight departure time.



Sivagiri Mutt



Aazhimala Shiva Temple



Varkala North Cliff

Price per person

Shared room: **1.800 euros**

Single room supplement: **450 euros**

Early bird until April 15, 2026: 10% discount on the base price

Incluye:

- Airport transfer from Cochin
- Hotels and guided visits in Cochin (breakfast and dinner included)
- Private minibus transportation
- Accommodation at the Ayurvedic resort in Varkala (full board)
- 10-day Ayurvedic treatment programme
- Yoga sessions
- One sound healing session
- Group transfer to Cochin airport on departure day

Not included:

- Flights
- Visa
- Travel insurance
- Personal expenses
- Tips
- Activities and excursions not included in the programme
- Entrance fees to shows and sites visited
- Lunches for the first three days before we arrive in Varkala (on average €4 per meal)



The making of natural incense in Kochi



Zumo natural de coco

Reserva tu plaza

As group sizes are deliberately kept small to maintain an intimate and authentic atmosphere, we encourage you to **book your place in advance**. This will also help you organise your trip as smoothly as possible.

We will be holding **online meetings to answer your questions and help you prepare for your trip**.

Booking deposit: €300, which will be deducted from the total amount.

If the minimum number of participants required for the trip is not reached, the full amount of the booking will be refunded.

The booking will not be refunded if you cancel less than 30 days before the date of the trip.

Various payment options are available for the remaining balance. **Please contact us**.

Info: whatsapp +34 673 45 85 50

Organization & guidance

Elizabeth Puja



For more than ten years, I have been creating spaces where people can slow down, breathe, and reconnect with themselves. As a holistic therapist, I deeply believe that our greatest medicine already exists within each of us.

From my very first journey to India, I felt a call from the heart. A land of contrasts and depth, India continually invites me to grow inwardly. Over the years, through encounters marked by simplicity and generosity, it has become a second home to me.

Today, with gratitude, I share the living wisdom of Ayurveda and yoga, surrounded by precious partners who help make each of our travel and retreat programs unique.



Rohan Singh



Founder of Svadhyaaya, Vedic School of Yoga, I conceive yoga as much more than a practice: it is a way of life. I grew up in a family that passed on to me the spiritual values, devotion, and mindfulness of Bhakti Yoga., which later became the foundation for my training in various yoga traditions and styles in India.

I share this journey as a teacher, guiding my students toward greater self-awareness through authentic yogic practices.

One of the ways to deepen this experience is through the Yoga and Ayurveda retreats we organize, designed as spaces of immersion and transformation.

From this perspective, we also welcome yoga teachers from all over the world who wish to share their vision and practice by travelling to India with their groups. We provide them with the support and environment they need to develop their programme while experiencing, along with their students, a genuine connection with the culture, spirituality and very essence of India.

A Few Experiences Shared

“Thank you again, Elizabeth, for this trip to India. I’m still taking it all in.

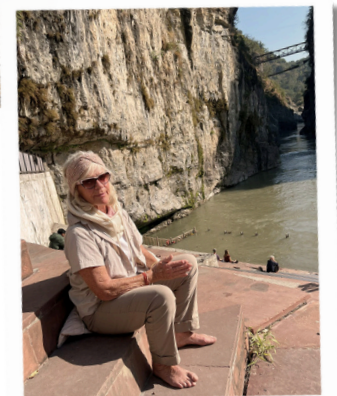
A unique, profound and enriching experience, the effects of which continue even after returning home. Meticulous organisation, and a competent, lovely and attentive team (guides, doctor, masseuses, drivers, cooks). At every moment, you feel you are in good hands. A pleasure we would love to repeat every year!” **Sylvie**



Our journey and the Panchakarma retreat had a very beneficial effect on me. I feel good in my life, in my skin, and in my soul — balanced and in harmony with the universe. Thank you so much for this beautiful gift of life!” **Manon**



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“I had a fantastic time and felt extremely well cared for throughout the retreat. The food was incredible. The company was wonderful and everything was very well organized. I would recommend this experience to everyone.

The massages were very intense and I felt real changes in my body and mind, with a lot of emotional and physical movement. Detoxing is much easier in this environment, without the distractions of everyday life.” **Cindy**

