

PANCHKARMA & YOGA

October 14 to November 3, 2026



INFO: WHATSAPP +34 673 45 85 50

INDIA DETOX 





Edava beach

A RENEWAL FOR BODY, MIND AND HEART

Traveling through South India means changing your rhythm, your perspective and your energy.

This experience has been designed as a deep pause along life's path — a moment to slow down, breathe and reconnect with what truly matters. An invitation to discover India in a different way, and perhaps rediscover yourself as well.

In **Kerala, the ancestral birthplace of Ayurveda**, we invite you to live a unique experience that nourishes the body, calms the mind and opens the heart in the privileged setting of **Varkala**, overlooking the Arabian Sea.

During this journey, you will experience **Panchakarma**, a profound detoxification process for body and mind that eliminate toxins, restore the body's natural balance and regain vitality and inner clarity.



Yoga on the beach with Rohan

Daily **yoga and pranayama** sessions will gently support this transformation. Through breath, movement and presence, yoga becomes a space for deep reconnection, accessible to everyone, whether you are a beginner or an experienced practitioner.

A **sound healing** session will also enhance the deep relaxation sought during this retreat.



The harmonic sounds and vibrations of the Tibetan bowls will help you release tension, calm your mind, while stimulating and balancing your vital energy.



Backwaters in Kumarakom

A SENSORY JOURNEY THROUGH SOUTH INDIA

Before the retreat begins, we will travel through some of Kerala's most iconic landscapes

Our meeting point will be **Cochin (Kochi)**, the historic gateway of the spice trade, where Eastern and Western cultures blend across a fascinating network of islands.

We will continue to **Munnar**, in the heart of the mountains and vast tea plantations, where lush nature and spice gardens awaken all the senses.

Then we will cruise through the peaceful labyrinth of canals, lagoons and rivers that make up the **Backwaters** of **Kumarakom**, where life flows to the rhythm of the water.

Here, silence invites contemplation and letting go.

Throughout the journey, we will stay in **charming, nature-integrated hotels**, which have been selected for their peaceful atmosphere and comfort.



Shirodhara

THE AYURVEDIC RETREAT IN VARKALA

Following this initial journey, we will reach **Varkala** on the coast of Kerala, where **the heart of the experience** will begin.

Over the course of 14 days, an excellent professional team will guide you through a **comprehensive regeneration process**:

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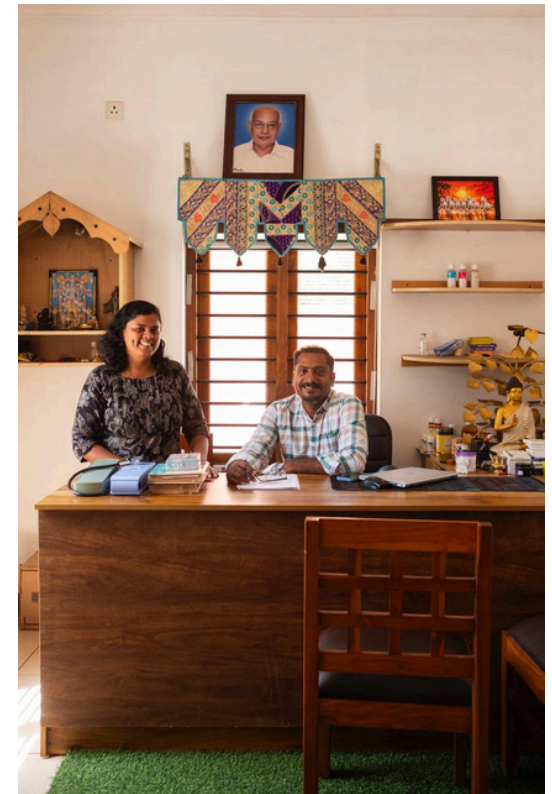
- Personalized treatments and daily follow-up with an Ayurvedic doctor
- Morning yoga sessions
- Balanced Ayurvedic meals
- An introductory workshop on Ayurveda to gain a better understanding of how these therapies work and how you can incorporate them into your daily lives.
- Sound healing session
- Outings and unexpected surprises...

And **the rest of the time is yours to spend as you like**: relaxing, enjoying nature, the sea, kayaking through the mangroves, exploring the local area, shopping...

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.

Dr Innocent Bose and Dr Syama S. Bose, the resort's hosts and renowned Ayurvedic practitioners in the Kerala tradition, will tailor and oversee each treatment following an initial consultation on the first day, in order to best meet your needs and optimise the detoxification and cellular rejuvenation process.

We will have the opportunity to meet them before the trip during an online meeting, so that we can address any questions or concerns you may have



Everything here is designed to help you let go... and allow yourself to be pampered.



THE PANCHKARMA PROCESS

Panchakarma is an **Ayurvedic process of deep purification** that takes into account every aspect of the person in a personalised way. It helps to:

- Eliminate toxins from the body
- Deeply purify the tissues
- Rejuvenate the cells
- Strengthen the immune system
- Restore the natural balance of body and mind
- Recover vitality

Panchakarma treatments, combined with adapted yoga and nutritional adjustments, produce profound harmonising effects, especially recommended in cases of stress, fatigue, sleep disorders, chronic back and joint pain, inflammatory bowel disease or autoimmune diseases.

The **sattvic Ayurvedic diet**, based on fresh, organic, vegetarian and easily digestible foods, also considered a yogic diet, supports the harmonisation and revitalisation of the body.

Ayurveda, a living ancient medical tradition, is based on the idea that every person is unique; therefore, before any treatment or dietary advice is given, it analyses an individual's constitution through the doshas—the bioenergies that define their nature—of which there are three: Vata, Pitta and Kapha. These energies not only characterise the individual, but are also considered the life force that animates the world, and each arises from the combination of two of the five basic elements of nature: ether, air, fire, water and earth.



Restoring and maintaining the balance of the doshas is the primary aim of Panchakarma treatments, which are designed to boost vitality.

These treatments are carried out in three phases, using various therapies that act directly on the tissues and cells:

- **Purva Karma** – preparatory phase
- **Pradhana Karma** – main phase of toxin elimination
- **Paschat Karma** – final phase of recovery and rejuvenation



Treatments are daily and usually last 90 minutes. They include various Ayurvedic therapies:

- Massages
- Steam baths
- Shirodhara (continuous flow of warm oil on the third eye)
- Localised oil baths
- Herbal enemas
- Applications of herbal oils in the nose, ears and eyes



During the process, body and mind enter a state of **deep relaxation** that promotes the elimination of toxins and emotional tensions.

This personalised programme is also a commitment to our overall well-being. It is an opportunity to look within and get to know ourselves better, without judgement.

The key to fully enjoying the process may be: letting yourself go... and allowing yourself to be pampered.

If you would like to learn more about Ayurvedic treatments and their detoxifying and revitalising effects, I invite you to visit our website:

www.indiadetox.com



Kayaking in the mangrove

PROGRAMME OVERVIEW

This programme runs for 21 days from 14 October to 3 November, starting from the day of arrival in India.

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

Day 1 - Oct. 14:

Arrival in Cochin. Transfer to the hotel and first visit depending on arrival time.

Day 2 - Oct. 15:

Visit Fort Kochi with a local guide. Kathakali dance performance in the evening.

Day 3 - Oct. 16:

After breakfast we will set off for Munnar by private minibus. Village visit after check-in.

Day 4 - Oct. 17:

Guided visit of Munnar and its surroundings.

Day 5. - Oct. 18:

After breakfast, we will set off for Kumarakom. Once we arrive, we will go on a boat trip through the backwaters. We will discover the local flora and fauna, as well as daily life along the canals.

Day 6. - Oct. 19:

We will set off for Varkala where the Panchakarma & Yoga retreat begins.

Day 7 to 20. - Oct. 20 to Nov. 2:

The 14-day programme described above.

Day 21. - Nov. 3:

Transfer to Cochin airport according to flight departure time.



Aazhimala Shiva Temple



Tea plantations in Munnar

PRICE PER PERSON

Shared room: **2.580 euros**

Single room supplement: **600 euros**

Included:

- Airport transfer from Cochin
- Hotels and guided visits in Cochin, Munnar and Kumarakom (breakfast and dinner included)
- Private minibus transportation
- Accommodation at the Ayurvedic resort in Varkala (full board)
- 14-day Panchakarma treatment program
- Daily yoga session
- 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 during the first travel days (approx. €4 per meal)



The making of natural incense in Kochi



Natural coconut juice

RESERVE YOUR PLACE

As group sizes are deliberately kept small to maintain an intimate and authentic atmosphere, we recommend 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: €500, 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**.

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ORGANIZATION & GUIDANCE

Elizabeth Puja

INDIA DETOX 

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 Svadhya, 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 where participants can experience a genuine connection with the culture, spirituality, and essence of India.

A FEW EXPERIENCES SHARED

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

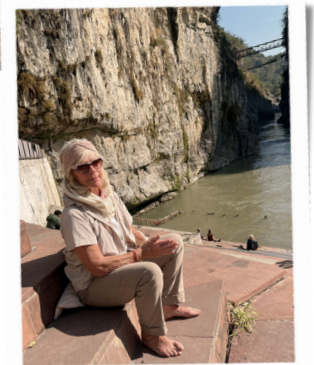
A unique, profound and enriching experience, the effects of which continue even after returning home. Meticulous organisation, and a competent, lovely and attentive team (guides, doctor, masseuses, drivers, cooks). At every moment, you feel you are in good hands. A pleasure we would love to repeat every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



“A very well organized and heartfelt experience surrounded by wonderful people here in Rishikesh, experiencing Panchakarma and so much more...” **Mo**



“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**

