NEW YEAR IN VARKALA

YOGA, AYURVEDA & NAAD YOGA

December 28, 2026 - January 11, 2027

Arte Conpaz

flamencoarteconpaz.wordpress.com

Svadhyaya
Vedic School of Yoga

INDIA DETOX

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When Sound Awakens the Self

A sacred encounter between Ayurveda, Yoga and Naad Yoga. The body unwinds, the sound rises, movement sets you free, and the wisdom of Ayurveda supports every moment of the journey.

Yoga in its physical and meditative dimensions, Naad Yoga as a path of transformation through sound and vibration, Ayurveda as a living science of health and self-knowledge, and the Arte ConPaz Meditative Dance with its holistic perspective for interconnection and natural development — all come together to accompany you in this unique moment.

Each in their own way, yet all pointing towards the same thing: finding yourself, whilst savouring the journey.

Year's End on the Shore of the Arabian Sea

We invite you on a profound journey of self-discovery in southern India, the cradle of ancient spiritual traditions

We have designed this retreat to help you step into the new year in a truly special way, as a rebirth that honours both what has been and what is yet to come.

We will leave this year in the magic of Varkala, with fireworks over the sea and rituals that will help us become more aware of what we need to let go of, so that we can celebrate a new cycle in our lives with open hearts.

Naad Yoga & Meditative Dance Arte ConPAz with Marisol Valderrama

Marisol is deeply committed to exploring the connection between the body, the soul and art. She is a dancer, choreographer, art therapist, certified yoga teacher and founder of Arte Conpaz.

Born in Brussels to Andalusian parents, she has, for over 25 years, embodied a dynamic exploration of the relationship between tradition and meaning, and between body, soul and artistic expression. Her journey of inner transformation led her to study alternative medicine, mind-body therapies, energy healing and Eastern philosophies, whilst also specialising in language-based art therapy.

This process gave rise to Arte Conpaz's Holistic Retreats — also inspired by her travels in India — where yoga, silence, words and ancestral practices come together in natural settings to invite each person to rediscover the freedom to BE, without mask or fear.

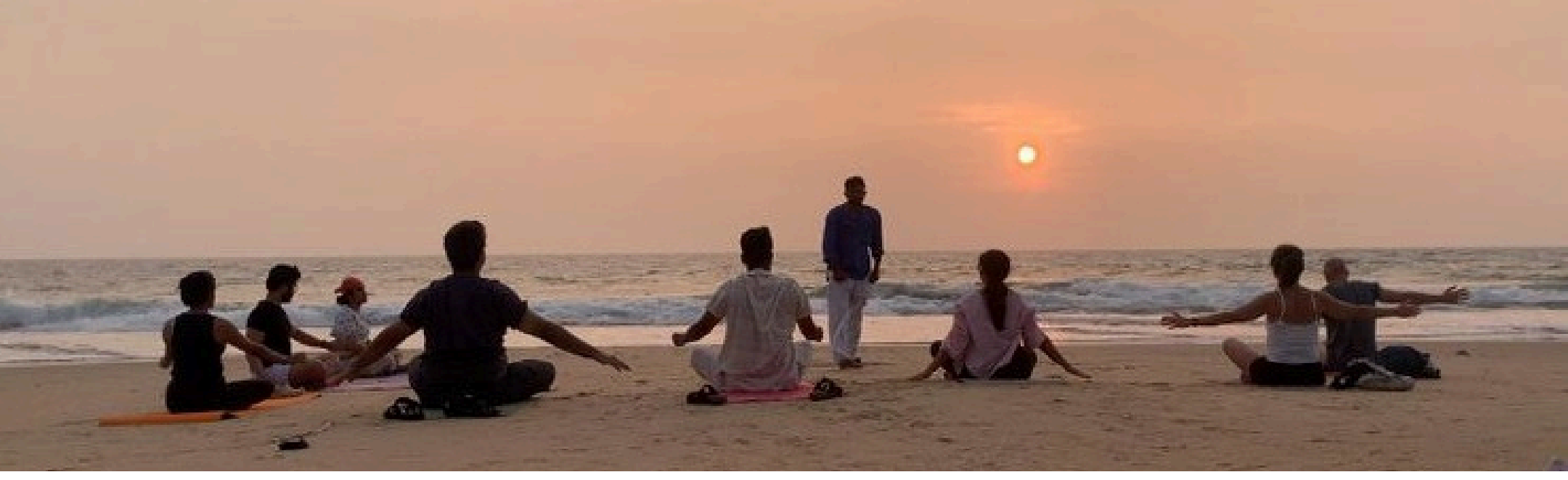
Inspired by the living traditions of flamenco and Indian sacred music, Marisol has been creating for years at the intersection of the body and consciousness. When you sit in one of her sound baths, you realise that the vibrations reach places that neither words nor physical postures could ever reach.

Her proposal in Varkala focuses on sound and movement to awaken the body and the heart, where emotions emerge and are freed.

Naad Yoga is rooted in an ancient and profoundly human insight: everything in the universe is vibration. Through listening, singing and the direct experience of vibrations, Marisol invites you to explore how sound can harmonise your body, soothe your mind and connect with you on the deepest levels. A gentle and universal form of healing that does not separate the body from the mind, nor emotion from the sacred.

And, as an expansion, through movement and dance, the body finds its voice. It invites you to move, to let go of what you no longer need, to breathe more freely, and to reconnect with your own sensations. Here, dance becomes a liberating therapy — an intuitive and gentle way to release blockages, to express what cannot always be put into words, and to restore your natural energy.

In a safe and open environment, these practices restore your sense of lightness, vitality and presence.



Yoga with Rohan Singh

Svadhyaya
Vedic School of Yoga

Rohan is originally from Rishikesh and is a Yoga Alliance RYS 500-certified teacher. For him, yoga is much more than just a practice; it is a way of life. He grew up in a family that instilled in him the spiritual values, devotion and mindfulness of Bhakti Yoga.

With this grounding, he trained in various yoga traditions and styles in India and has been sharing this path as a teacher for over ten years, guiding his students towards greater self-awareness through authentic yogic practices.

Through his school, Svadhyaya, Vedic School of Yoga, Rohan teaches yoga, tailoring his approach to the needs and levels of each practitioner, whether supporting the process of an Ayurvedic treatment such as Panchkarma, shaping the structure of a retreat — for advanced practitioners or those taking their first steps — or combining his teaching skills with those of other professionals to create a holistic and coherent experience.

For Rohan, every session is an opportunity for yoga to fulfil its true purpose: self-awareness and transformation.

During this retreat, the daily yoga sessions will gently support each participant's personal journey.

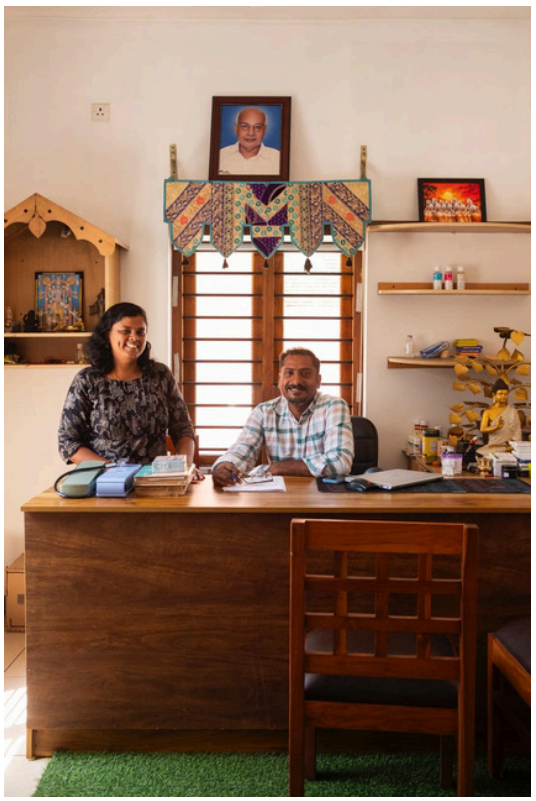
Every morning, you return to your body. Through breath, movement and mindfulness, yoga becomes a space for openness and deep reconnection, accessible to everyone, whether you're a beginner or a long-time practitioner.

Slow, gentle stretches that respect the body's natural cleansing process, combined with mindful breathing to balance the nervous system. Meditation and mantras create an inner space that facilitates deep emotional purification.

Ayurveda, the science of life

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

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 deep regeneration 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.

Dr Innocent Bose: Reg. nº 12931. B.Sc, BAMS, M.Sc. in Applied Microbiology.
Dra Syama S. Bose: Reg. nª 11496. BAMS.

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
- boost the body's vitality
- 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, highly valued 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 revitalization

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

Backwaters

A journey to well-being

Our meeting point will be **Kochi**, the gateway to Kerala and a former hub of the spice trade, where Eastern and Western cultures intermingle amidst a fascinating string of islands.

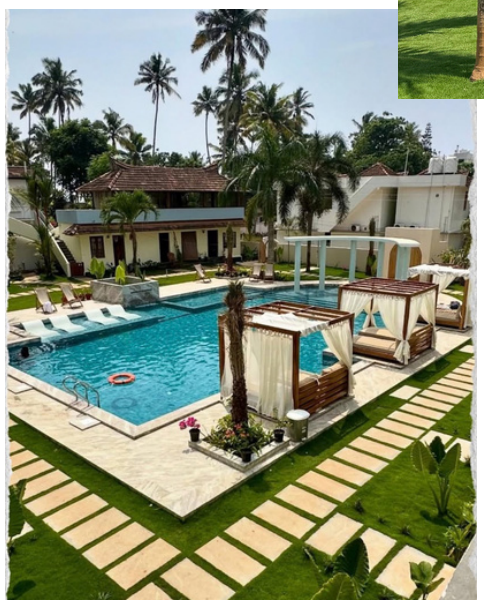
From there, we will immerse ourselves in the serene beauty of the **Alleppey** backwaters, gliding through calm waters and lush vegetation on a symbolic journey towards a more inward and contemplative state.

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 the heart of our experience begins

We will settle into a paradise resort in the midst of lush nature, surrounded by coconut trees and situated just a few minutes from the sea. A quiet and inspiring place, ideal for slowing the pace, finding oneself again and opening up to an authentic inner transformation.



Janardanaswami Temple

Programme overview

The duration of this programme, starting from the day of arrival in India, is 15 days, from 28 December 2026 to 11 January 2027.
So please allow extra time for your journey to Cochin and your return journey.

Day 1 – Dec.28
Arrival in Cochin. Transfer to the hotel and first tour of the city, depending on your arrival time. Welcome dinner.

Day 2 – Dec.29
Tour of Fort Kochi with a local guide. Kathakali performance in the evening.

Day 3 –Dec.30
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 14 – Dec.31 to Jan.10
Planned activities in Varkala, including a very special evening to bid farewell to 2026 and welcome in 2027.

Day 15 – 11/01
Return to Cochin Airport according to the flight's departure time.

Aazhimala Shiva Temple

Sivagiri Mutt

Varkala North Cliff

Price per person

Shared room: **2.800 euros**

Individual room: **3.330 euros**

Special offer:
Share this experience with a loved one: when two or more people book together, each person receives a discount of €280, which is 10 per cent of the standard rate (shared room). This offer applies to all bookings: if you opt for a single room, you will still receive the discount. The single room supplement remains unchanged.

Habitación compartida: **2.520 euros**

Habitación individual: **3.050 euros**

Includes:

a) Programme organized by Svadhyaya, Vedic School of Yoga:

- Personalized Ayurvedic treatments for 10 days, coordinated and supervised directly by Ayurvedic doctors.
- Full-board accommodation at the Ayurvedic center in Varkala for the duration of the treatments.
- Scheduled sessions with Marisol and Rohan.
- Year-end ceremonies.

Full guidance throughout the journey in French, Spanish, and English.

b) Seamless logistics for your journey in India, fully managed by Svadhyaya through a trusted local travel agency —with complete transparency and no added margins, so you can simply relax and enjoy the experience:

- Transfer from Cochin Airport to the hotel.
- Hotels and guided tours in Cochin (breakfast and dinner included).
- Transportation by private minibus.

Group transfer to Cochin Airport on the day of departure.

The total price indicated above includes both services. The full terms and conditions applicable to this programme, including the specific nature of the services included in the price, are detailed in our Booking Conditions, available at indiadetox.com.

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)

Reserve your place

As groups are intentionally limited to preserve an intimate and authentic atmosphere, we invite you to **book your place in advance.**
This will also allow you to arrange your travel under the best possible conditions.

Rohan will host **online meetings to answer your questions and help you prepare for your journey.**

Booking deposit: €500, which will be deducted from the total amount.

The remaining payment will be detailed at the time of booking, depending on the options chosen.

If the minimum number of participants (8 people) required for the journey is not reached, the full amount of the reservation will be refunded.
The complete booking and cancellation terms are detailed in our Booking Conditions, available at indiadetox.com.

Info: whatsapp +34 673 45 85 50

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. I deeply believe that our greatest medicine already exists within each of us.

From my very first journey to India, I felt a calling from the heart. A land of contrasts and profound depth, it invites me to grow from within. Through deep experiences and encounters filled with simplicity and generosity, a transformative path began for me—one that continues to inspire my life to this day.

Out of this journey, IndiaDetox was born, where I gratefully share the living wisdom of Ayurveda and yoga alongside Rohan Singh and a team of collaborators in India who make every experience truly unique.

I am your bridge between Europe and the team in India: I will guide you and support you personally, in French, Spanish, or English, both before your journey and during the retreat, so that you never feel alone on this path.

Rohan Singh

Svadhyaya
Vedic School of Yoga

In addition to the yoga programmes I offer through my school, Svadhyaya, Vedic School of Yoga, I also manage the end-to-end organization of yoga and Ayurveda retreats in India, such as the one we are proposing here with Marisol and the collaboration of IndiaDetox. I offer you my support and the ideal environment to experience a genuine connection with the culture, spirituality, and very essence of India.

I coordinate directly with the Ayurvedic doctors regarding treatments and on-site accommodation, as well as with the local travel agency for transfers, transportation, and lodging outside the treatment periods.

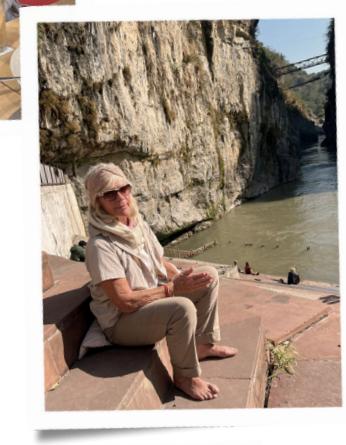
My local team ensures that every single detail comes together seamlessly, allowing you to immerse yourself fully in your experience.

I will welcome you with the same care and attention I give to my regular students: with commitment, warmth, and a deep respect for yogic and Ayurvedic traditions.

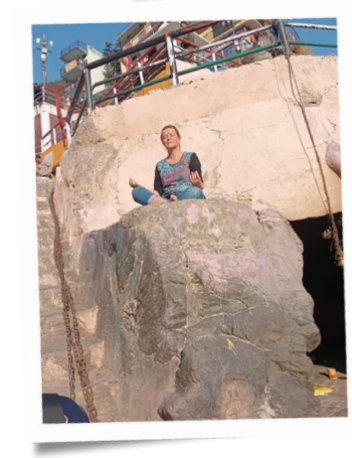
A few shared experiences
with the IndiaDetox and Svadhyaya team in India

"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 & heartful experience surrounded by wonderful people here in Rishikesh doing the panchkarma & so much more... Mo **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**