Yoga, Ayurveda & Vibration in Kerala

MARCH 31 – APRIL 14 , 2027

Iyengar Yoga, mantra chanting and Ayurvedic care to nourish body, mind and spirit.

with Amaya Kaveri

Info: +34 673 45 85 50

indiadetox.com

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

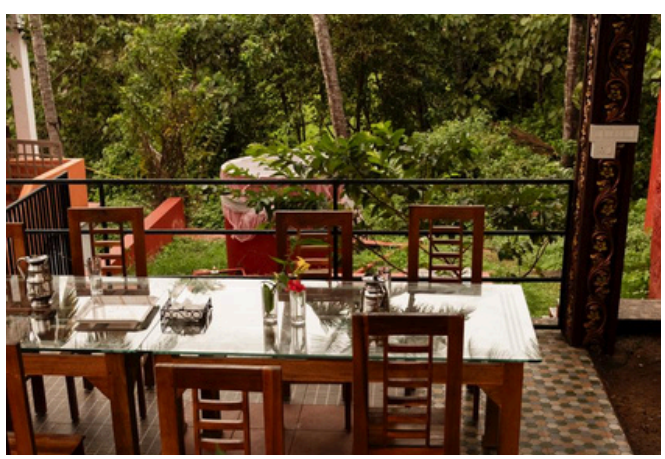
During this retreat, yoga practice and Ayurvedic treatments interact and enhance one another, supporting a deep process of rebalancing and renewal.

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, drawing on its ancient wisdom, 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 a small and cozy Ayurvedic resort surrounded by lush nature, coconut trees, and just minutes from the sea—a peaceful and inspiring place to slow down and reconnect.

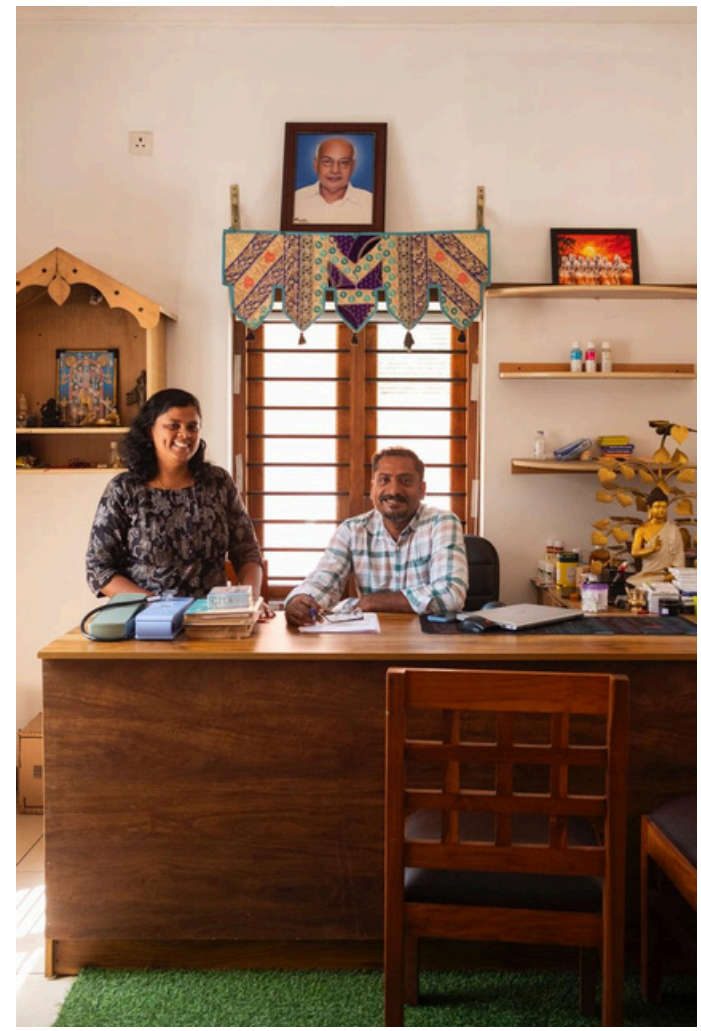
The rooms are simple, comfortable and clean, with a private bathroom, wardrobe and desk. They have a small terrace where you can sit and meditate, looking out over the rice paddies surrounded by coconut palms, with the sound of the waves from the Arabian Sea in the background.



Dr Innocent Bose and Dr Syama S. , 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:: Reg. nª 11496. BAMS.



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
- 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 bath
- 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, visit our website: www.indiadetox.com

Janardanaswami Temple

Programme overview

This programme runs for 15 days from March 31 to April 14 ,
starting from the day of arrival in India.
Please therefore allow extra time for your journey to Cochin and your return journey.

Day 1 – March. 31
Arrival in Cochin. Transfer to the hotel and first tour of the city, depending on your arrival time. Welcome dinner.

Day 2 – April 1
Tour of Fort Kochi with a local guide. Kathakali performance in the evening.

Día 3 – April 2
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 April 3 to 12
Yoga & Ayurveda program in Varkala

Day 14 – April 13
Last day in Varkala, just enjoying...

Day 15 – April 14
Transfer to Cochin Airport according to flight departure time.

Aazhimala Shiva Temple

Sivagiri Mutt

Varkala North Cliff

Price per person

Shared room (base price): **2.190 euros**

Single room supplement: **+450 euros**

Book before 15 December, 2026 to get the Early Bird discount:
– 10% on the base price (shared room price)

Shared room: **1. 970 euros**

Single room: **2.420 euros (1.970 + 450)**

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.
- Ayurvédic food workshop
- Guidance throughout the trip in Spanish, French and English, with translation provided for those who are not fluent in 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)

Zumo natural de coco

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.

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

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

IIf the minimum number of participants (6 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.

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

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 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

Founder of Svadhyaya, 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.

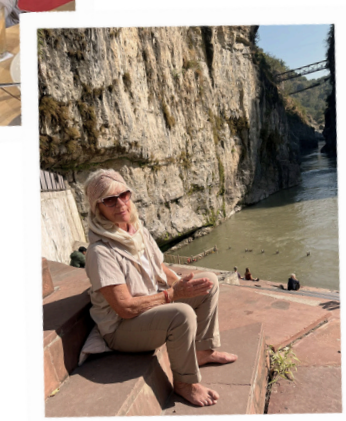
One way of deepening this experience is through the Yoga and Ayurveda retreats I organise through Svadhyaya in collaboration with IndiaDetox. Designed as spaces for immersion and transformation, they are also open to yoga teachers from around the world who wish to share their own vision and practice by travelling to India with their groups, as Amaya does in this case.
I offer them the support and environment they need to develop their project while living, alongside their students, an authentic connection with India's culture, spirituality and essence.

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.

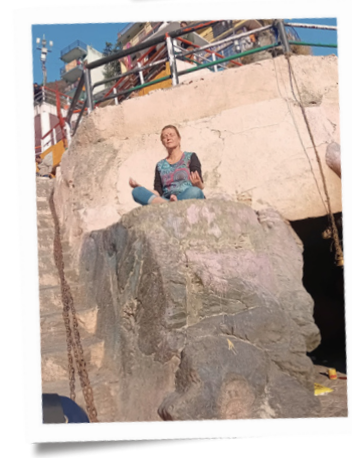
A few shared experiences
with the IndiaDetox and Svadhyaya team in India

"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**



"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**