

## **One-Day Package (2 Nights Stay):**

### **Inclusions:**

Dinner on the day of check-in (7 PM to 8 PM)  
Meditation: 8 PM to 9 PM  
DAY 1: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Discussion & Sharing: 11AM to 2 PM  
Ayurvedic Massage: 3pm to 4 pm  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9 PM  
The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11AM  
Check-out

#### Deluxe Room

1. Package rate per person \$240 (Single Accommodation)
2. Package rate per person \$197 (Double Accommodation)

#### Premium Cottage

3. Package rate per person \$550 (Single Accommodation)
4. Package rate per person \$378 (Double Accommodation)
5. Package rate per person \$321 (Triple Accommodation)

## **Two-Day Package (3 Nights Stay):**

### **Inclusions:**

Dinner on the day of check-in 7 PM to 8 PM  
Meditation: 8 PM to 9 PM  
DAY 1: The Day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Sightseeing: 11AM to 4 PM (Edakkal caves & Ambalavayal Heritage Museum)  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9 PM  
DAY 2: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Discussion & Sharing: 11AM to 2PM  
Ayurvedic Massage: 3PM to 4 PM  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9 PM  
The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM  
Check-out

#### Deluxe Room

1. Package rate per person \$380 (Single Accommodation)
2. Package rate per person \$315 (Double Accommodation)

#### Premium Cottage

3. Package rate per person \$840 (Single Accommodation)
4. Package rate per person \$583 (Double Accommodation)
5. Package rate per person \$497 (Triple Accommodation)

## **Three-Day Package (4 Nights Stay) :**

### **Inclusions:**

Dinner on the day of check-in 7 PM to 8 PM  
Meditation: 8 PM to 9 PM  
DAY 1: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Sightseeing: 11AM to 4 PM (Edakkal caves & Ambalavayal Heritage Museum)  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9 PM  
DAY 2: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Trekking: 11AM to 4 PM (Banasura Peak)  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9 PM  
DAY 3: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Discussion & Sharing: 11AM to 2PM  
Ayurvedic Massage: 3PM to 4 PM  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9PM  
The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM  
Check-out

#### Deluxe Room

1. Package rate per person \$530 (Single Accommodation)
2. Package rate per person \$444 (Double Accommodation)

#### Premium Cottage

3. Package rate per person \$1150 (Single Accommodation)
4. Package rate per person \$807 (Double Accommodation)
5. Package rate per person \$693 (Triple Accommodation)

## **Four-Day Package (5 Nights Stay) :**

### **Inclusions:**

Dinner on the day of check-in 7 PM to 8 PM  
Meditation: 8 PM to 9 PM  
DAY 1: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Sightseeing: 11AM to 4 PM (Edakkal caves & Ambalavayal Heritage Museum)  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9 PM  
DAY 2: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Trekking: 11AM to 4 PM (Banasura Peak)  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9 PM  
DAY 3: The day begins with a glass of fresh water

Yoga: 7AM to 9 AM  
 Brunch: 10 AM to 11 AM  
 Discussion & Sharing: 11AM to 2PM  
 Ayurvedic Massage: 3PM to 4 PM  
 Light refreshment: 4:30 PM to 5 PM  
 Dinner: 7PM to 8 PM  
 Meditation: 8PM to 9PM  
 DAY 4: The day begins with a glass of fresh water  
 Yoga: 7AM to 8 AM  
 Brunch: 10 AM to 11 AM  
 Cycling: 11 AM to 4 PM  
 Light refreshment: 4:30 PM to 5 PM  
 Dinner: 7PM to 8 PM  
 Meditation: 8PM to 9PM  
 The day begins with a glass of fresh water  
 Yoga: 7AM to 9 AM  
 Brunch: 10 AM  
 Check-out

Deluxe Room

1. Package rate per person \$685 (Single Accommodation)
2. Package rate per person \$578 (Double Accommodation)

Premium Cottage

3. Package rate per person \$1460 (Single Accommodation)
4. Package rate per person \$1031 (Double Accommodation)
5. Package rate per person \$888 (Triple Accommodation)

**Five-Day Package (6 Nights Stay) :**

**Inclusions:**

Dinner on the day of check-in  
 Meditation: 8 PM to 9 PM  
 DAY 1: The day begins with a glass of fresh water  
 Yoga: 7AM to 9 AM  
 Brunch: 10 AM to 11 AM  
 Sightseeing: 11AM to 4 PM (Edakkal caves & Ambalavayal Heritage Museum)  
 Light refreshment: 4:30 PM to 5 PM  
 Dinner: 7PM to 8 PM  
 Meditation: 8PM to 9 PM  
 DAY 2: The day begins with a glass of fresh water  
 Yoga: 7AM to 9 AM  
 Brunch: 10 AM to 11 AM  
 Trekking: 11AM to 4 PM (Banasura Peak)  
 Light refreshment: 4:30 PM to 5 PM  
 Dinner: 7PM to 8 PM  
 Meditation: 8PM to 9 PM  
 DAY 3: The day begins with a glass of fresh water  
 Yoga: 7AM to 9 AM  
 Brunch: 10 AM to 11 AM  
 Discussion & Sharing: 11AM to 2PM  
 Ayurvedic Massage: 3PM to 4 PM  
 Light refreshment: 4:30 PM to 5 PM  
 Dinner: 7PM to 8 PM  
 Meditation: 8PM to 9PM  
 DAY 4: The day begins with a glass of fresh water  
 Yoga: 7AM to 9 AM  
 Brunch: 10 AM to 11 AM  
 Cycling: 11 AM to 4 PM  
 Light refreshment: 4:30 PM to 5 PM  
 Dinner: 7PM to 8 PM

Meditation: 8PM to 9PM  
DAY 5: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Karma Yoga: 11 AM to 4 PM (Voluntary services)  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9PM  
The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Check-out

Deluxe Room

1. Package rate per person \$805 (Single Accommodation)
2. Package rate per person \$676 (Double Accommodation)

Premium Cottage

3. Package rate per person \$1730 (Single Accommodation)
4. Package rate per person \$1215 (Double Accommodation)
5. Package rate per person \$1044 (Triple Accommodation)

## **Six-Day Package (7 Nights Stay):**

### **Inclusions:**

Dinner on the day of check-in 7 PM to 8 PM  
Meditation: 8 PM to 9 PM  
DAY 1: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Sightseeing: 11AM to 4 PM (Edakkal caves & Ambalavayal Heritage Museum)  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9 PM  
DAY 2: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Trekking: 11AM to 4 PM (Banasura Peak)  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9 PM  
DAY 3: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Discussion & Sharing: 11AM to 2PM  
Ayurvedic Massage: 3PM to 4 PM  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9PM  
DAY 4: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Cycling: 11 AM to 4 PM  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9PM  
DAY 5: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM  
Karma Yoga: 11 AM to 4 PM  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9PM  
DAY 6: The day begins with a glass of fresh water

Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Experience the joy of ethnic cooking: 12 AM to 4 PM  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9PM  
The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM  
Check-out

Deluxe Room

1. Package rate per person \$920 (Single Accommodation)
2. Package rate per person \$770 (Double Accommodation)

Premium Cottage

3. Package rate per person \$1997 (Single Accommodation)
4. Package rate per person \$1397 (Double Accommodation)
5. Package rate per person \$1197 (Triple Accommodation)

## **Seven-Day Package (8 Nights Stay) :**

### **Inclusions:**

Dinner on the day of check-in 7 PM to 8 PM  
Meditation: 8 PM to 9 PM  
DAY 1: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Sightseeing: 11AM to 4 PM (Edakkal caves & Ambalavayal Heritage Museum)  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9 PM  
DAY 2 : The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM  
Trekking: 11AM to 4 PM  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9 PM  
DAY 3: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM  
Discussion & Sharing: 11AM to 2PM  
Ayurvedic Massage: 3PM to 4 PM  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9PM  
DAY 4: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM  
Cycling: 11 AM to 4 PM  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9PM  
  
DAY 5: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Karma Yoga: 12 AM to 4 PM  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9PM

DAY 6: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Experience the joy of ethnic cooking: 12 AM to 4 PM  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9PM  
DAY 7: The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM to 11 AM  
Sightseeing: 12 PM to 6:30 PM (Muthanga Wildlife Sanctuary)  
Light refreshment: 4:30 PM to 5 PM  
Dinner: 7PM to 8 PM  
Meditation: 8PM to 9PM  
The day begins with a glass of fresh water  
Yoga: 7AM to 9 AM  
Brunch: 10 AM  
Check-out

Deluxe Rooms

1. Package rate per person \$1150 (Single Accommodation)
2. Package rate per person \$978 (Double Accommodation)

Premium Cottage

3. Package rate per person \$2382 (Single Accommodation)
4. Package rate per person \$1696 (Double Accommodation)
5. Package rate per person \$1467 (Triple Accommodation)