

Yoga Akasha's Winter holidays, Kerala, South India

with Jody

December 20th – 30th 2019 (10 nights) or

December 20th – January 2nd 2019/2020 (13 nights)



Our chosen winter venue: We are returning to the Palm Tree Yoga Centre which overlooks the beach in a peaceful bay, yet is only a fifteen minute stroll or a short rickshaw ride from the shops and restaurants of Kovalam Village. Our yoga studio is on the roof so that we can practice with the Indian Ocean in our sights. It is fully equipped so there is no need to bring equipment from home.

Accommodation: is spread over three houses in a triangle plus one house at the bottom of the steps. They are all very similar and each has Wi-Fi, a lounge area and a kitchen for the guests' use. It is of a high standard – there are ceiling fans and mosquito nets on the windows. Because we are so close to the sea we also get the welcome cooling sea breezes. The indoor lounge area is for relaxing as well as outside spaces. All bedrooms are en-suite.



Food: There is an on-site restaurant where we enjoy amazing vegetarian cuisine. Each morning after Yoga we share a delicious breakfast and most evenings an exquisite dinner. On the other evenings we can explore some of the other many local restaurants.



Excursions: can be arranged for you - just ask Halin the manager and he will arrange transport and the excursions for you.

Massages: Ayurvedic treatments and massages are available on site. There are many massage and beauty parlours in the local area also providing treatments.



Swimming: The sea in this area can be quite vigorous and has a strong under-tow so we recommend you swim at Leela Beach where the sea is usually calm. You can also swim in the

pools at the nearby hotels for a small daily fee.



Yoga: will take place in the shaded rooftop yoga shala. There are cooling roof fans and



bamboo blinds so that we may practice in comfort throughout the season. We will have magnificent views of the Indian Ocean as we practice. During the evening practice we will see the sunset over the ocean. There will be two yoga classes daily, one in the morning before breakfast and one in the late afternoon. We have allowed two days without yoga during your holiday. This is so you may wander further afield to explore India, take longer excursions, or just relax. Yoga mats, bolsters, blocks and belts are provided.

Yoga classes will be taught by our co-founder and director, Jody Lawrance. Jody has been practicing Yoga since 1991 and teaching since 1999. Her Yoga foundation was Ashtanga Vinyasa, studying with many wonderful teachers, especially: Raffi, teacher training with David Swenson, and a wonderful month with BNS Iyengar in Mysore India. Since 2001 she has enjoyed studying with Acharya Venkatesha and Acharye Hema of the Atma Vikasa Yoga Centre in Mysore, India. She returns as often as possible for further training with them.



Jody loves teaching all abilities, as each student works to their own level. For her it isn't how physically adept we are in the posture that is so important, but how relaxed, calm and peaceful we are. Letting the breath draw our mind closer to stillness, each posture a tool to help us reach a deeper level of balance, harmony and contentment in our life. Jody has been teaching on, and running Yoga holidays since 2002 to Turkey, Bulgaria, Egypt, Crete, The Gambia, India and 13 holidays at the same venue on the Greek Island of Aegina.



Flights and transfers: You will need a flight to Trivandrum (Thiruvananthapuram TRV), book as early as possible to get the best prices. You will be met at Trivandrum airport and transferred to Palm Tree Yoga Centre which is 30 minutes away.

Dates and costs: December 20th-30th, 10 nights sharing in a twin room £775, single £975.

Or December 20th- January 2nd, 13 nights sharing a twin room £1,005, single £1,265.

Pavilion supplement is £100 single/£50 sharing.

A deposit of £250 secures your place. Your non-Yoga partner/friend may join you at a reduced rate.

Included: Yoga as scheduled, accommodation, breakfast, 8 dinners (4 each week) and airport transfers.

Not included: Flights, insurance, food and drinks other than those specified, optional excursions, massages and Ayurvedic treatments.

If you have any questions regarding the Yoga, please email Jody@YogaAkasha.co.uk

Do feel free to contact Free Spirit Travel for help with finding your flight, they can search the internet for you and will be happy to help.

To reserve your place, or for more information, please contact the Free Spirit Travel office: 01273-564230 info@freespirituk.com www.freespiritryoga.co.uk



www.YogaAkasha.co.uk

