



Seasons & Vacations Travel

RETREATS & WELLNESS – TOUR

LUXURY

PRIVATE TOUR

COCHIN – MUNNAR – THEKKADY – KUMARAKOM – ALLEPPEY – KOVALAM



SIGHTSEEING



HOTEL



TRANSPORT



ALL TAXES



MEAL



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INTRODUCTION

Retreats & Wellness – The Soulful Embrace of India

India has long been revered as the land where ancient wisdom meets timeless tranquility—a sanctuary where the path to inner peace and holistic well-being is not just practiced but deeply lived. Across its lush landscapes and sacred spaces, India offers a profound invitation to slow down, reconnect, and rediscover oneself through the enduring practices of yoga, meditation, and traditional healing.

From the mist-covered hills and quiet forest clearings to the gentle lapping shores of secluded beaches, the region is home to an array of wellness retreats, spiritual ashrams, and Ayurvedic sanctuaries. These spaces are more than places of rest—they are realms of transformation. Here, the age-old teachings of yoga are passed on with authenticity, and guided meditation allows the mind to find clarity amid silence. The therapeutic touch of Ayurveda—India's ancient system of healing—restores balance through personalized treatments using herbs, oils, and dietary wisdom rooted in nature.

Whether you seek to deepen your spiritual journey in the peaceful surroundings of a Himalayan-inspired ashram, rejuvenate your body through a detox retreat, or simply unwind amidst nature's embrace, India holds space for every kind of seeker. The rhythmic chants, the scent of incense, the stillness of early morning meditation, and the gentle guidance of experienced teachers create a holistic atmosphere where healing unfolds naturally.

For those yearning to escape the noise of daily life and explore the inner landscape of the self, India's retreats offer not just wellness—but awakening







How Easy is it to Visit India?

India is a welcoming destination for travelers, offering convenient services and facilities to ensure a smooth and enjoyable visit. Here's a breakdown of key aspects that make visiting India easy for tourists:

Visa Process

- **E-Visa Facility:** India offers a hassle-free e-visa system for citizens of over 160 countries. Tourists can apply online for tourist, business, or medical visas.
- **Multiple Entry Options:** E-visas allow multiple entries with stays of up to 60 days.

Connectivity & Transport

- **International Airports:** Major cities like Delhi, Mumbai, Bengaluru, and Chennai have well-connected international airports with global flight options.
- **Domestic Flights:** A robust domestic flight network connects all major tourist destinations.
- **Efficient Rail Network:** India has one of the largest railway networks in the world, offering affordable and scenic travel options.
- **Road Transport:** Well-developed highways and affordable public transport, including buses and taxis, make getting around convenient.

Safety & Security

- **Tourist Police:** Major tourist destinations have dedicated tourist police to ensure visitor safety.
- **Hotel & Transport Security:** Most hotels and transport services have adequate safety protocols.
- **Emergency Services:** Helplines like **112** for emergencies and **1363** for tourist helplines offer 24/7 assistance.

Currency Exchange & Payments

- **Easy Currency Exchange:** Currency exchange services are available at airports, banks, and hotels.
- **Digital Payments:** Widespread acceptance of digital payments (UPI, credit/debit cards) makes transactions hassle-free.
- **ATMs Everywhere:** Tourists can easily withdraw cash from numerous ATMs across the country.

With its strong infrastructure, rich culture, and visitor-friendly policies, India provides a seamless and memorable experience for tourists from around the world.





08 Nights / 09 Days

MEETINGS &
INCENTIVES
WORLD

COCHIN – MUNNAR – THEKKADY – KUMARAKOM – ALLEPPEY – KOVALAM

KERALA WELLNESS TOURISM



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04



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Day 01 : Arrive Cochin airport

Arrive Cochin Airport and meet your wellness concierge for an orientation & Ayurvedic consultation. Transfer to a Kochi wellness retreat overlooking the backwaters. Evening guided yoga nidra (deep-relaxation) session.

Overnight at Kochi Wellness Retreat

Day 02 : Cochin – Munnar)

Early sunrise Hatha yoga on the rooftop deck. After a light herbal breakfast, drive via the Spice Villages to Munnar. En route, visit a medicinal herb garden for a lecture on Kerala's Ayurvedic plants. Check in and unwind with a personalized Ayurvedic spa (oil massage + steam).

Overnight at Munnar Wellness Resort

Day 03 : Munnar (Forest Bathing & Herbal Therapy)

Sunrise forest-bathing walk through shola forests, followed by pranayama (breath-control) in tea-scented air. Post-breakfast, enjoy a herbal steam inhalation and mukha lepam (facial mask). Afternoon free for meditation by the tea plantations or optional tea-leaf poultice body wrap.

Overnight at Munnar Wellness Resort

Day 04 : Munnar – Thekkady

Morning power yoga with mountain views, then drive to Thekkady. Check into a jungle-side wellness lodge. After lunch, a therapeutic elephant-care experience (gentle touch therapy) and a peppercorn steam bath. Sunset forest meditation by the Periyar River.

Overnight at Thekkady Wellness Lodge

Day 05 : Thekkady – Kumarakom (Ayurvedic Houseboat)

Pre-breakfast silent meditation. Transfer to Kumarakom for boarding an Ayurveda-equipped houseboat. Mid-morning Abhyanga oil massage on the sundeck. Lunch of detox-friendly Keralan fare. Afternoon yoga flow and nasya therapy (nasal cleansing). Dinner under the stars on the backwaters.

Overnight on Ayurvedic Houseboat

Day 06 : Kumarakom – Alleppey

Sunrise lake-view Vinyasa yoga, then drive to Alleppey. Check into Carnoustie Ayurveda & Wellness Resort. Post-lunch Panchakarma consult, followed by Shirodhara (oil-drip therapy) and herbal sauna. Evening wind-down with sound-bath meditation.

Overnight at Alleppey Spa Resort

Day 07 : Alleppey – Kovalam

Morning Ayurvedic full-body massage, then drive along the coast to Kovalam. Check into Somatheeram Ayurveda Resort. Late-afternoon beach yoga and saltwater therapy (thalassotherapy). Sunset guided meditation on the lighthouse hill.

Overnight at Somatheeram Ayurveda Resort

Day 08 : Kovalam

Dawn Surya Namaskar (sun-salutations) on the sands. Full-day Panchakarma program: customized oil massage, herbal body wrap, steam bath, and Ayurvedic diet. Evening Kalaripayattu movement therapy demonstration for mind-body balance.

Overnight at Somatheeram Ayurveda Resort

Day 09 : Kovalam – Trivandrum Airport

Early final consultation with your Ayurvedic physician to plan your post-trip wellness routine. Enjoy a light herbal tea by the pool, then transfer to Trivandrum Airport for your onward journey—refreshed in body, mind, and spirit.

A.T. SEASONS & VACATIONS TRAVEL PVT. LTD.

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11 Nights / 12 Days

MEETINGS &
INCENTIVES
WORLD

DELHI - RISHIKESH - JAIPUR - AGRA

BALANCE RETREAT TOUR



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06



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Day 01 Saturday, February 8:

Arrive in Delhi

On arrival at Delhi airport, we will be met by our local representative for transfer to our hotel. After checking in, take a few hours to rest and unwind from the long flight. That evening we will go to Akshardham which is arguably one of the best temples in India. The start of our culinary journey is at an internationally acclaimed Indian restaurant in our hotel. Bukhara, famous for the Mughlai cuisine, is frequented by A-list celebrities and dignitaries from all over the world.

Day 02 February 9: Delhi

After breakfast at the hotel, Rachel will welcome you and the group will connect. Rachel will set out intentions for the journey together and go through the itinerary. We will then go sightseeing. The contrast between Old Delhi and New Delhi, both with its distinct characteristics, history, and vibe is fascinating. For dinner we will enjoy a special culinary experience at Haveli Dharampura, a UNESCO Awarded Heritage Haveli in Old Delhi. We will enjoy the flavourful recreations of tangy and tasty street food of Chandni Chowk at the comfort of our table. Take in the breathtaking view of Old Delhi, participate in a session of kite flying and enjoy sundowners of cocktails and wines on the roof top while watching the sunset. The cultural evening with traditional Indian dance and music is a great welcome to India.

Day 03 Delhi – Haridwar by train

We check out early from the hotel with a packed breakfast to travel to Haridwar by Shatabdi Express train. On arrival we will transfer to Rishikesh and check in to our hotel. After lunch Rachel will take us through the plan for the rest of our stay in Rishikesh. All meals at our deluxe nature resort will be simple, yet tasty and flavoursome Indian vegetarian food.

Day 04 February 11: Rishikesh

Each morning in Rishikesh, Rachel will lead the day with yoga and/or mindfulness teachings. There will also be a wellness workshop or experience each day for 60 minutes. The rest of the day is me-time for you to savour the surrounds, sights or take precious self-care time to rejuvenate. After lunch a few hours are at leisure to rest, you may choose to join us for a nature trail and find a spot in the reserved forest around the hotel to practice what you learnt this morning. You can book a spa or a massage at the hotel. Later in the evening we will visit the Lakshman Jhula, a suspension bridge over river Ganga named after Lord Rama's younger brother, Lakshmana. It is made of iron, is about 450 ft long and suspends at a height of 70 feet over the river. Built in 1939, it is one of the most prominent landmarks in Rishikesh. Tourists find it a thrilling experience to cross the lazily swinging bridge that gives a picturesque view of the surrounding landscape and historical temples on either side.

Day 05 February 12: Rishikesh

A highlight today is yoga and meditation on the banks of the river Ganga. After lunch a few hours are at leisure to rest, enjoy a spa, adventure sports or go on a nature trail to practice what you learnt this morning. In the evening today we will visit Triveni Ghat, situated at the confluence of the three most sacred rivers of India. Triveni Ghat is the most popular bathing ghat in Rishikesh. Before visiting the various temples, most pilgrims take a holy dip here, which according to Hindu mythology, washes away the sins of a person. The evenings here are stunning. We will participate in the spectacular Ganga Arti (a ritual in which lamps are lit and prayers are offered to the river) accompanied by prayers and chanting. Thousands of lamps floating in the river during the arti present a spectacular view. This experience is serene, divine, and enthralling all at the same time and will be memorable.

Day 06 February 13: Rishikesh

Rachel leads today with inspiration, mindful movement and coaching. After lunch we will visit Rajaji National Park, which is 20 km from Rishikesh on the foothills of Himalayas. Spread over 820 sq. km, it is home to more than 500 Elephants, Panthers, Tigers, Spotted Deer, Wild Boar, Himalayan Bear, Sloth, and over 400 bird species.

Day 07 February 14: Rishikesh

Rachel leads today with inspiration, mindful movement and coaching.

After lunch the rest of the day is free to explore the local markets and the spiritual vibe of Rishikesh. Today is Valentine's Day, and if you are travelling with that special someone, we can arrange a romantic candle-light dinner for two.

Day 08 February 15: Rishikesh

Rachel leads today with inspiration, mindful movement and coaching. For lunch today we will have a cooking demonstration on how to make the simple Indian vegetarian food that we have been enjoying in Rishikesh. These skills will come in handy to impress your friends back home in New Zealand. After lunch the rest of the day is free to explore the local markets and the spiritual vibe of Rishikesh. If you enjoyed the Ganga Arti on the Triveni Ghat, we could arrange for you to visit that experience again.

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Day 09 March 20: February 16:

Rishikesh – Jaipur

Awaken to a group meditation session in the morning. After breakfast we will drive to Dehradun (1 hour) to board our flight to Jaipur. On arrival we will transfer to our hotel. The rest of the day is at leisure to explore the magnificent ITC Rajputana Hotel, inspired by the architecture of Rajasthan's traditional havelis and the romance and majesty of the royal era. Relax by the pool and enjoy the 5-star luxury and hospitality. Dinner is a culinary experience of authentic Rajasthani food and culture with local folk dance and music.

Day 10 February 17: Jaipur

Awaken to a short group meditation and intention-setting session in the morning. After breakfast we will leave for an excursion to the majestic Amber Fort and City Palace. The intricate carvings, artistic mirror work, and beautiful paintings within the palace reflect the opulence and artistic finesse of the bygone era. The rest of the day is at leisure for you to explore the many local markets, street food or we can suggest some authentic Rajasthani restaurants. For dinner we will enjoy a Royal Thali at Swapna Mahal, a restaurant in Raj Palace, the oldest palace in Jaipur built in 1727.

Day 11 February 18: Jaipur - Agra

Awaken to a short group meditation session in the morning and intention-setting session. After breakfast we set off on a road trip to Agra. It is a 5-hour drive, but on the way, we will have a few stops to break the journey and take in some local sights such as one of the oldest stepwells that dates to the 8th century and is 13 floors deep. And Fatehpur Sikri, a historical complex that was commissioned by Emperor Akbar in the 16th century. After checking in, we will visit the Agra Fort and enjoy a light and sound show about the history and love story behind the Taj Mahal. Immerse yourself in the lights and be transported to a time where horses come galloping at an Emperor's command! Our last meal of this tour together will be a memorable one to reminisce about our time together. At dinner tonight we will recreate the ambience, hospitality, and the luxurious ways of the Mughal Emperors in the courtyard of our hotel. The taste and flavours of the food are as authentic Mughlai as it can get.

Day 12 March 22: Wednesday, February 19:

Agra – Delhi airport

Early morning, we will visit the Taj Mahal, one of the seven wonders of the world. Rachel will lead you through a mindfulness session amongst the backdrop of a beautiful sunrise. You will savour this place even more after learning the history behind it. We head back to the hotel for breakfast and after check-out, we will get a transfer to Delhi airport (3-hour drive) for our flight back to NZ. Alternatively talk to us about extending your tour to spend some more nights in Delhi or head to the beaches of Goa to relax before getting back home.

Day 10 February 17: Jaipur

Awaken to a short group meditation and intention-setting session in the morning. After breakfast we will leave for an excursion to the majestic Amber Fort and City Palace. The intricate carvings, artistic mirror work, and beautiful paintings within the palace reflect the opulence and artistic finesse of the bygone era. The rest of the day is at leisure for you to explore the many local markets, street food or we can suggest some authentic Rajasthani restaurants. For dinner we will enjoy a Royal Thali at Swapna Mahal, a restaurant in Raj Palace, the oldest palace in Jaipur built in 1727.

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Suggestion for Trip

OUR PARTNER BRANDS





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Accreditations and Affiliations

Recognised and approved by Ministry of Tourism, Government of India



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