

# INDIA RETREAT



Palm Tree Yoga Centre, Kerala



3-16 April 2025



# KOVALAM

KERALA, INDIA



The New York Times handpicks Kerala, God's Own Country as one of the 52 Places to Go in 2023. "A southern Indian state...that allows visitors to experience village life while supporting the communities that host them". Kovalam is a small coastal town in the southern Indian state of Kerala, south of Thiruvananthapuram. At the southern end of Lighthouse Beach is a striped lighthouse with a viewing platform.

Palm-backed beaches also include Hawa Beach and Samudra Beach. Heading south, Vizhinjam Juma Masjid mosque overlooks the busy fishing harbor. Inland, Sagarika Marine Research Aquarium displays technology used in pearl production.

Kovalam Village is two bays away and you can either stroll in along the road or take a tuk tuk. This is a great place to shop, visit restaurants, treatment centres and places to change money.



The Indian Ocean can be quite vigorous and have a strong under-tow so there are well trained life guards on all beaches. The Leela beach is 5 minutes walk to the left of the venue and is protected by a reef so there the sea is normally calm and very suitable for swimming (you can also swim in hotel swimming pool at Sumadra Beach for a small daily fee).



# VENUE



Palm Tree Yoga Centre is magical with its ocean views and its roof-top yoga shala. It is placed just above the beach in a peaceful bay, yet is only a half hour stroll or a short rickshaw ride from the shops and restaurants of Kovalam.

This venue is nicely decorated with cool marble floors throughout. All bedrooms have fitted wardrobes and en-suite facilities with solar heated shower, WC, basin and mirror, ceiling fans, wifi and mosquito nets on the windows.

Housekeeping service cleans the house daily and changes bed linen and towels every 4 days throughout your stay.

Accommodation is spread over three houses arranged in a triangle.

Palm Tree has four rooms, a shared lounge and the Yoga Shala is on the shaded roof so that you can practice with the Indian Ocean in your sights. There are two sea view rooms here at a supplement of £50 per room.

Curry Leaf houses the restaurant, a chill out lounge area and has two larger rooms overlooking the beach that are for twin or double occupancy only. They are both sea view rooms and are at a supplement of £50 per room.

Pavilion is the superior beachfront building and also has larger rooms with a large ground floor shared terrace and upstairs shared balconies facing the sea. Sea view rooms here are at a supplement of £150 per room, and there are two rooms that face the coconut grove at a smaller supplement of £50 per room.

Massages and Ayurvedic treatments can be arranged on-site. Where specific Ayurvedic equipment is required (such as for a herbal steam bath) the treatment will take place at the nearby Ayurvedic Centre.

Sumadra Village is less than ten minutes walk away and has several cafes, a beauty parlour and shops.

There is an on-site restaurant. Each day after your morning yoga class a delicious breakfast will be served. On scheduled evenings each week dinner will be provided. Kerala has great vegetarian cuisine so on our other evenings we will explore the many restaurants of Kovalam and perhaps add in a little evening shopping.





# TRAVEL INFO



## Flights:

Book your flight with final destination to:  
[Thiruvananthapuram International Airport](#)

## Transfers:

Transfers are included in the cost of your holiday, you will be met from your flight and taken to the venue.

## Visas:

Visas to India are required for passport holders of most countries. You can check the requirement for your country by visiting:  
[www.passportindex.org/travel-visa-checker/](http://www.passportindex.org/travel-visa-checker/)

Should you require an e-visa you can apply for this by following this link:  
<https://indianvisaonline.gov.in/evisa/tvoa.html>

## Passport:

All passengers must have at least 6 months remaining on their passport upon arrival in India.





# YOGA



As a zealous lover of life, yoga and adventure, I have come to understand that life is about uncovering your passions, finding your flow and following your dreams.

With a background in Yoga, Mindfulness, Breathwork and Wellness Coaching, I weave together all facets to create unique yoga classes filled with breath inspired movement and purposeful intention to help students reach their goals, on and off the mat. My greatest passion is authentically connecting with others and guiding clients with a sense of mindfulness, positivity and compassion. My deepest desire is to guide others along their personal path to wellbeing whilst uncovering their authentic selves and living a life of purpose. Although I have lived in various places around the world, I am currently residing in Egypt. As the founder of TRUST Yoga, I continue to share my love of international travel through leading yoga teacher trainings and wellness retreats around the world.



Yoga will take place in the shaded rooftop yoga shala where we have space and equipment for 24 yoga students - however most groups are limited to 18 or less. 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. During the retreat I will offer Hatha Flow, Yin, Yoga Nidra and Transformational Breathwork sessions.



# PACKAGE RATES



## STANDARD TWIN ROOM (13 NIGHTS)

**£825 PER PERSON**

## SINGLE ROOM (13 NIGHTS)

**£1075 PER PERSON**

Standard sea view supplement £50 per room.  
Pavillion supplement £150 front room, £50 rear room.

## WHAT'S INCLUDED

Accommodation, breakfast, evening meals on set nights (eight evening meals on 13 night holiday), yoga as scheduled and return airport transfers.

Meditation & chanting, Hatha Yoga flow, Yin Yoga, Yoga Nidra and Transformational Breathwork.

## WHAT'S NOT INCLUDED

Flights, insurance, meals other than as specified above.

Air conditioning is available in a limited number of rooms and is paid for on request.





# BOOK YOUR SPOT



Bookings for this retreat are managed by Jilly and Debbie of Free Spirit Travel in the UK. To reserve your place, or for more information, please contact Free Spirit Travel office.

- ☎ +44 127 356 4230
- ✉ [info@freespirtyoga.co.uk](mailto:info@freespirtyoga.co.uk)
- 📍 [www.freespirtyoga.co.uk](http://www.freespirtyoga.co.uk)
- 📷 [trustyoga6 & nataliezeid](#)

