



SOMATHEERAM WITH BACKWATERS OF KERALA
12 Nights - 13 Days

New Delhi – Cochin – Thekkady – Alleppey – Kovalam – Delhi



Step into a world of tranquility and restoration.....

Your Soul India Wellness Experience

Your journey begins with six days exploring the cultural and natural beauty of Kerala, including Cochin, Thekkady and Alleppey, home to Kerala's famous backwaters — a peaceful network of waterways, lagoons and villages surrounded by tropical landscapes.



After exploring Kerala, continue to Somatheeram in Kovalam for seven days of Ayurvedic wellness on the coast. Choose the Ayurvedic program that best suits your goals and experience personalized treatments, traditional therapies, yoga, meditation, Ayurvedic cuisine and time to rest and reconnect.

Your Soul India package includes the 7-day wellness program. If you wish to continue your Ayurvedic journey, 14- and 21-day programs are available for an additional cost.

Day 01 – Delhi - Arrival Cochin

Arrive in Cochin | Your Kerala Journey Begins

Your journey into Kerala, South India, begins as you connect in Delhi for your flight to Cochin. The flight will be arranged according to your international arrival time.

As you arrive in Cochin, Kerala welcomes you with tropical air, coconut palms, and the unmistakable atmosphere of India's southern coast. You will be met at the airport and transferred to your hotel.

The evening is yours to ease into the rhythm of Kerala. Take a quiet walk, discover the surroundings, or simply rest after your journey.

Tomorrow, your exploration begins.

Overnight: Cochin | Meals: —

Day 02 – Cochin

Cochin | Where Cultures Meet

After breakfast, step into the fascinating history of Cochin (Kochi), a city shaped by centuries of trade and cultural exchange.

Explore the Mattancherry Dutch Palace, where beautiful murals and royal history tell stories of Kerala's past. Continue to the historic Jewish Synagogue and wander through Jew Town, where spice aromas, antique shops, colorful façades, and small treasures create an atmosphere unlike anywhere else in India.



Visit St. Francis Church, one of India's oldest European churches, before continuing along the waterfront to see Cochin's iconic Chinese Fishing Nets.

Later, take time to explore Jew Town and discover traditional crafts, spices, textiles, and local treasures.

As evening arrives, prepare for one of Kerala's most captivating cultural experiences: a Kathakali performance.

Under dramatic lights, elaborately painted faces, intricate costumes, music, and expressive movements transform the stage into another world as ancient stories come alive.

Overnight: Cochin | **Meals:** Breakfast



Day 03 – Cochin to Thekkady
Cochin to Thekkady | Into the Spice Hills



After breakfast, leave the coast behind and travel toward Thekkady, entering the lush landscapes of Kerala's Western Ghats.

The approximately 190 km journey takes around 4½ hours, but the road itself becomes part of the experience. Gradually, the landscape changes from coastal Kerala to green mountains, forests, and plantations filled with the fragrance of spices.

Thekkady is home to the Periyar Wildlife Reserve, one of South India's most beautiful natural environments.

Arrive at your hotel and settle into the peaceful surroundings.

The afternoon is yours.

Breathe in the fresh mountain air, explore at leisure, or simply enjoy the feeling of being surrounded by Kerala's forests and hills.

Overnight: Thekkady | **Meals:** Breakfast

Day 04 – Thekkady

Thekkady | Wildlife, Forests & Spices

Today, discover the wild and aromatic side of Kerala.

Set out on a morning boat ride across Periyar Lake, gliding quietly through the waters surrounded by dense forest. Keep your eyes along the shoreline — elephants, deer, wild boar, monkeys, and many species of birds may appear among the trees.

There is something special about experiencing Periyar this way: no rush, just the sound of the water, the forest, and the possibility of seeing wildlife in its natural surroundings.

Later, discover the famous spice plantations of Thekkady.

Walk among cardamom, pepper, cinnamon, and other fragrant plants while learning how these spices have shaped Kerala's cuisine, culture, and history for centuries.



By the end of the day, you will have experienced two very different treasures of Kerala — its wilderness and its extraordinary spice heritage.

Overnight: Thekkady | **Meals:** Breakfast



Day 05 – Thekkady to Alleppey

After breakfast, continue south toward Alleppey (Alappuzha), the heart of Kerala's legendary backwaters.

And here, the pace of your journey changes.

SOUL INDIA *journneys*

Step aboard your boat and begin drifting through a world of palm-fringed waterways, emerald rice fields, small villages, traditional homes, and everyday life unfolding along the water.

Enjoy lunch during your cruise as Kerala slowly passes by.

Watch fishermen at work, children heading home along the waterways, and villagers going about their daily lives. This is not a sightseeing experience you simply observe — it is a glimpse into the living rhythm of Kerala.

Later, arrive at your resort and relax beside the backwaters.

As evening falls and the light begins to soften over the water, allow yourself to simply be present.

Overnight: Alleppey | **Meals:** Breakfast & Lunch





Day 06 - 12 – Kovalam | Your Ayurvedic Wellness Retreat

Alleppey to Somatheeram Ayurvedic Health Resort

After breakfast, leave the peaceful backwaters behind and travel south toward Kovalam, Kerala's beautiful coastal destination.

Here, your journey takes a new direction.

After days of discovering the culture, nature, and traditions of South India, you arrive at Somatheeram Ayurvedic Health Resort, where the focus turns inward.

Set beside the Arabian Sea, Somatheeram offers a peaceful environment in which to experience the ancient Indian tradition of Ayurveda.

For the next seven nights, there is nowhere you need to rush to.



Wake to the sound of the sea. Take time for your Ayurvedic treatments and wellness sessions. Enjoy nourishing cuisine, yoga, meditation, and moments of quiet. Allow the rhythm of the retreat to replace the rhythm of everyday life.

Your Ayurvedic experience is designed around your individual wellness needs, creating space to restore balance, renew your energy, and reconnect with yourself.

Seven Nights to Slow Down

A wellness retreat is not simply about what you do — it is also about what you allow yourself to leave behind.

During your stay, experience the traditional principles of Ayurveda, complemented by wellness practices such as yoga and meditation.

There will be time to rest between treatments, walk along the beach, enjoy the tropical surroundings, and simply listen to the sea.

After the movement and discovery of Kerala, these seven nights give you the opportunity to experience another side of India — one centered on restoration, balance, and wellbeing.

Overnight: Somatheeram Ayurvedic Health Resort, Kovalam | Meals: According to your selected Ayurvedic program

Day 13 - Kovalam | A Day to Simply Be

Today is about enjoying the final moments of your Kerala wellness retreat.

There is no need to fill the day.

Perhaps begin with a quiet morning, followed by your wellness sessions. Spend time beside the Arabian Sea, enjoy a nourishing meal, practice meditation, or simply sit and watch the waves.

Think back to the journey that brought you here — the historic streets of Cochin, the spice-covered hills of Thekkady, the forests of Periyar, the quiet waters of Alleppey,



and now the peaceful coastline of Kovalam. You came to experience Kerala. You left having experienced something deeper.

Overnight: Kovalam | **Meals:** According to your selected Ayurvedic program authentic, medical-grade Ayurvedic treatments with a serene, natural environment.

This package includes the comprehensive 7-day Stress Relief Program as the base. Should you require a more specialized, longer-term program or wish to extend your stay, additional nights are available at a preferred rate. Includes accommodation, Ayurveda treatments, full-board vegetarian meals, daily doctor consultation, and one yoga session per day.

Day 14 - Departure | Take Kerala with You

After breakfast, your Kerala journey comes to an end.

At the appropriate time, transfer to the airport for your onward journey.

As you leave South India, take with you more than photographs: the fragrance of Kerala's spices, the rhythm of its backwaters, the colors of its traditions, the sound of the Arabian Sea, and the quiet moments you found along the way.

Meals: Breakfast

Kerala. Experienced Differently.

From Cochin's historic streets to the forests of Thekkady, from the tranquil Alleppey backwaters to the Ayurvedic traditions of Kovalam, this journey brings together the many faces of Kerala — culture, nature, spirituality, Ayurveda, and wellbeing.

Come curious. Slow down. Experience Kerala with Soul India.

Somatheeram Ayurvedic Health Resort



It is located on the Malabar Coast in Kerala, is recognized as the world's first Ayurveda hospital in a resort ambiance". It is widely acclaimed for combining

Choose Your Ayurvedic Program

Somatheeram offers a range of Ayurvedic wellness programs designed for different goals and needs. During your 7-day stay, you can choose the program that best suits your wellbeing journey.

Looking for a longer experience? 14- and 21-day programs are also available for an additional cost.

- **STRESS MANAGEMENT PACKAGE**

Stress Relief & Deep Relaxation

Recommended minimum stay: 7–14 days
Treatment duration: approximately 160–180 minutes daily

This Ayurvedic program is designed to help the body and mind slow down, restore balance and find relief from stress and emotional overload.



Your experience begins with an initial consultation and examination with an Ayurvedic doctor, who creates a personalized treatment and Ayurvedic diet plan based on your individual needs and doshas.

The program may include Shirodhara, herbal steam baths, soothing Ayurvedic treatments, yoga, meditation and relaxation practices, with treatments designed to support rest, balance and overall wellbeing.

Particularly Suitable For

- Stress and mental overload
- Nervousness
- Burnout
- Exhaustion and low energy
- Sleep difficulties
- Muscular tension
- Neck and shoulder tension

Your Program Includes

Ayurvedic Treatments · Yoga & Meditation · Ayurvedic Diet · Daily Examination · Doctor's Consultation · Accommodation · Selected Day Trips

Important: The Stress Management Package has a recommended duration of 7–14 days. The standard Soul India wellness stay includes 7 days, so this program can be experienced within the included stay or extended for a longer wellness experience at an additional cost.



- **REJUVENATION PACKAGE**

Recovery & Vitalization

Recommended minimum stay: 9 days
Treatment duration: approximately 90–120 minutes daily

About the Program

Designed to relax and revitalize the body, this Ayurvedic program combines traditional therapies with yoga, meditation, Ayurvedic nutrition and personalized care.

The program includes Ayurvedic treatments such as Abhyanga full-body massage and Shirodhara, along with herbal therapies and steam treatments. Your experience is supported by Ayurvedic consultations, daily examinations, yoga, meditation, Ayurvedic meals and accommodation.

Particularly Suitable For

- Exhaustion and low energy



- Muscular tension
- Stress and fatigue
- Feeling depleted or in need of renewal
- Neck and cervical tension

Your Program Includes

Ayurvedic Treatments · Yoga & Meditation · Ayurvedic Diet · Daily Examination · Doctor's Consultation · Accommodation · Selected Day Trips

Please note: Somatheeram recommends a minimum stay of 9 days for the Rejuvenation Package. The standard Soul India wellness stay includes 7 days; guests choosing this program can extend their wellness stay to meet the recommended duration at an additional cost.



• **BODY PURIFICATION PACKAGE**

Detox & Balance



Recommended minimum stay: 14–21 days
Treatment duration: approximately 90–120 minutes daily

About the Program

This traditional Ayurvedic program is designed to cleanse and restore balance in the body and mind through a personalized combination of Ayurvedic therapies, nutrition, yoga and meditation.

The program may include Panchakarma cleansing procedures, Snehana oil applications, Swedanam herbal steam baths, Shirodhara and Pizhichil, along with other traditional Ayurvedic therapies recommended according to your individual treatment plan.

Your experience begins with an initial consultation and examination with an Ayurvedic doctor, who determines your individual needs and creates a personalized treatment and Ayurvedic diet plan. Your progress is monitored throughout your stay.

Particularly Suitable For

- Exhaustion and low energy
- Muscular tension
- Digestive disorders
- Lack of appetite
- General weakness
- Feeling of heaviness

Your Program Includes

Ayurvedic Treatments · Yoga & Meditation · Ayurvedic Diet · Daily Examination ·
Doctor's Consultation · Accommodation · Selected Day Trips



Important: The Body Purification Package has a recommended minimum duration of 14–21 days. The standard Soul India wellness stay includes 7 days. Guests choosing this program may extend their wellness stay to complete the recommended program at an additional cost.



- **SLIMMING PACKAGE**

Weight Reduction & Ayurvedic Balance

Recommended minimum stay: 21–28 days

Treatment duration: approximately 90–120 minutes daily

About the Program

This Ayurvedic program is designed to support weight reduction through a personalized combination of traditional Ayurvedic treatments, nutrition, yoga and meditation.

Your experience begins with an initial consultation and examination with an Ayurvedic doctor, who determines your individual needs and dosha and creates a personalized treatment and diet plan.



The program may include Ayurvedic oil and herbal powder massages, steam treatments, herbal therapies and cleansing procedures such as Vasti, together with an individualized Ayurvedic diet designed to support the goals of your program.

Particularly Suitable For

- Weight management
- Digestive concerns
- High cholesterol
- Joint discomfort related to excess weight
- Metabolic concerns
- Type II diabetes
- Hypertension

Your Program Includes

Ayurvedic Treatments · Yoga & Meditation · Ayurvedic Diet · Daily Examination · Doctor's Consultation · Accommodation · Selected Day Trips

Important: The Slimming Package has a recommended minimum duration of 21–28 days. The standard Soul India wellness stay includes 7 days, so this program requires an extended wellness stay at Somatheeram. Additional days and program costs are available upon request.



Hotels (4★ or Similar)

Dates	City	Hotel	Nights	Meal Plan
Day 01-03	Cochin	Old Court House or Similar	02	Breakfast
Day 03-05	Thekkady	Mountain Courtyard or Similar	02	Breakfast
Day 05-06	Alleppey	World Backwaters or Similar	01	Breakfast
Day 6 - 13	Kovalam	Soomatheeram Wellness Center	7 nights	ALL MEALS

What's Included



Your Kerala & Ayurveda Journey Includes

- Accommodation on a single or double occupancy basis
- Airport assistance on arrival and departure
- English- and Spanish-speaking assistance throughout the journey
- Kathakali dance performance tickets
- Day cruise with lunch in Alleppey
- Monument and park entrance fees according to the itinerary
- Air-conditioned vehicle for all transfers and sightseeing
- 7-night stay at Somatheeram Ayurvedic Health Resort, including:
 - Ayurvedic treatments
 - Full-board vegetarian meals
 - Daily consultation with an Ayurvedic doctor
 - One yoga session per day

What's Not Included

- International airfare, visa fees, and travel insurance
- Personal expenses, including laundry, tips, and beverages
- Meals not specifically mentioned in the itinerary
- Any services or expenses not specifically listed under “What's Included”

Important Notes

- Rates are subject to change in the event of tariff or tax revisions.
- Dutch Palace is closed on Fridays.
- Jewish Synagogue is closed on Fridays and Saturdays.

“Conclude your journey with renewed body, mind, and spirit”.

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