

AYURVEDIC MESSAGES - YOGA - TOURISM

WELLBEING RETREAT IN SOUTH INDIA

WITH SURYA WORLD



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WELCOME TO THE LAND OF
COLOURS!



RETREAT IN VARKALA, SOUTH INDIA

Let the Surya World team look after you this winter! Discover a culture that is thousands of years old, recharge your batteries, and totally immerse yourself!

On the program, two weeks of Ayurvedic cures by the sea, daily access to Surya World Yoga, Tai Chi, breathing and meditation classes, and meaningful visits...

“

Life is a mystery to be lived, not a problem to be solved.

- Gandhi

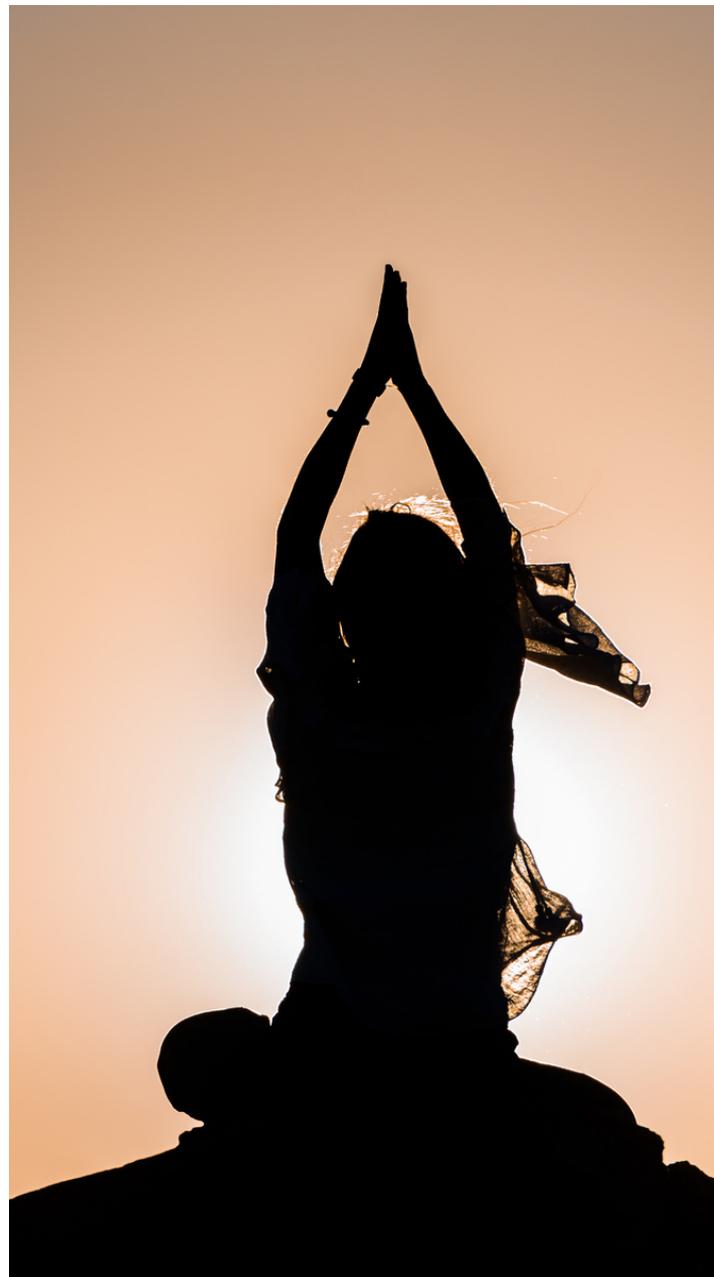
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THE AYURVEDIC CURE

- What exactly is it?

Ayurveda is the sister science of Yoga and their histories have been interconnected for millennia. Whereas Yoga focuses on balancing the mind through the body, Ayurveda is based on creating harmony between the body and mind.

This “life science” is an authentic system developed in ancient India that specialises in diagnosing the root causes of imbalances, which can eventually lead to disease. The role of Ayurveda is to restore the general balance of the different aspects of the body (physical, emotional, mental, etc.) using various tools. Among the best known you can experience are massages with oils and plant powders, oil applications, working on energy points and diet.



Ayurveda has many benefits, the best known being stress reduction, detoxification and improved circulation. Treatments are often very specific massage techniques, as well as lifestyle adaptations for greater harmony and better health.

Above all, Ayurveda is a holistic and preventive medicine, recognized by the WHO as a natural and traditional medical system.



- Who is an Ayurvedic cure for?

Everyone, regardless of age and condition: you may be in good health and in search of the best guidelines for your constitution, or in a slight or deep state of imbalance; you may have a symptom to treat, or simply wish to rest and recharge your batteries. Ayurveda helps each individual to a state of wellbeing and reconnects the body with its true essence.

- **The 10 most common treatments:**

- Abhyanga: massages with warm, plant-infused oils
- Udvartana: massages and scrubs with plant powders
- Garshan: rubs using medicated preparations and silk gloves
- Pizhichil: oil applications and sudation
- Vishesh: tonic, muscular massages
- Svedana: general or localized sweat inductions
- Marmas: massage of energy points on the body
- Shirodhara/Takradhara: relaxing applications of oils or milk on the forehead
- Pindasvedana: massages using warm compresses
- External Basti: localized, external treatments

Specialised treatments:

- For prenatal and postnatal women, infants and young children
- Massages for athletes and active individuals

- **What's on my programme?**

Upon your arrival, you will meet with an Ayurveda doctor. At the first consultation, they will get to know you and conduct an Ayurvedic assessment.

You will discover the diagnostic tools specific to Ayurveda and less common in the West. These include analyses of the pulse, tongue, skin and nails, as well as gathering observations pertaining to excretions (stools, urine, sweat), digestion, eating habits, sleep, lifestyle and personal medical history.



This assessment enables your doctor to define your Ayurvedic constitution (your Dosha) and build a program tailored to you and your specific needs.

Then the cure begins. For two weeks (excluding weekends) you will receive daily treatments at the Ayurvedic centre: a therapy based on the 10 most common treatments mentioned above. The Ayurvedic doctor will also advise you how best to adapt your diet and lifestyle during the 2-week therapy period in order for it to be most effective.

At the same time, we offer you a perfect balance between rest and activity, between Varkala beach and Yoga classes...



YOGA

- Daily open classes

Every day, the Surya team offers an open yoga class, led by one of its certified teachers. Surya World has been teaching Yoga for over twenty years, during which time the practice has been adapted and refined. Each class is suitable for all levels, accessible to beginners as well as experienced practitioners, and enriched with breath work (Pranayama) and meditation.

During practice, awareness is entirely directed towards the body and breathing, installing you in the “here and now”, which also is a form of meditation. The breath work practiced within the postures enable the flow of vital energy to be regulated. On the mat, we are invited to take the time to listen to our bodies, and with our attention constantly brought back to the breath, we develop our ability to concentrate.



Every Surya Yoga class lasts 1 hour and includes:

- A warm-up
- Dynamic postures to work on strength and balance, and gentler ones to focus on flexibility and interiority
- The whole session is accompanied by guidance on the breath within the postures, as well as seated Pranayama (breathing) exercises
- Each session ends with a relaxation in a reclined pose, and if the students wish, a meditation

Nowadays, the word Yoga is mainly understood as the practice of asanas, which is primarily a postural practice that loosens and strengthens the body. Yoga is that, and much more. This postural Yoga brings countless benefits with regular practice: long-standing postural imbalances can be corrected; it promotes stress reduction, improves concentration and strengthens the immune system.

But Yoga is so much more than that. What better opportunity can there be to understand its depth and the doors it can open than practicing in India, the birthplace of Yoga? “Informal” evening talks on historical and philosophical themes can help complete your vision of the subject.

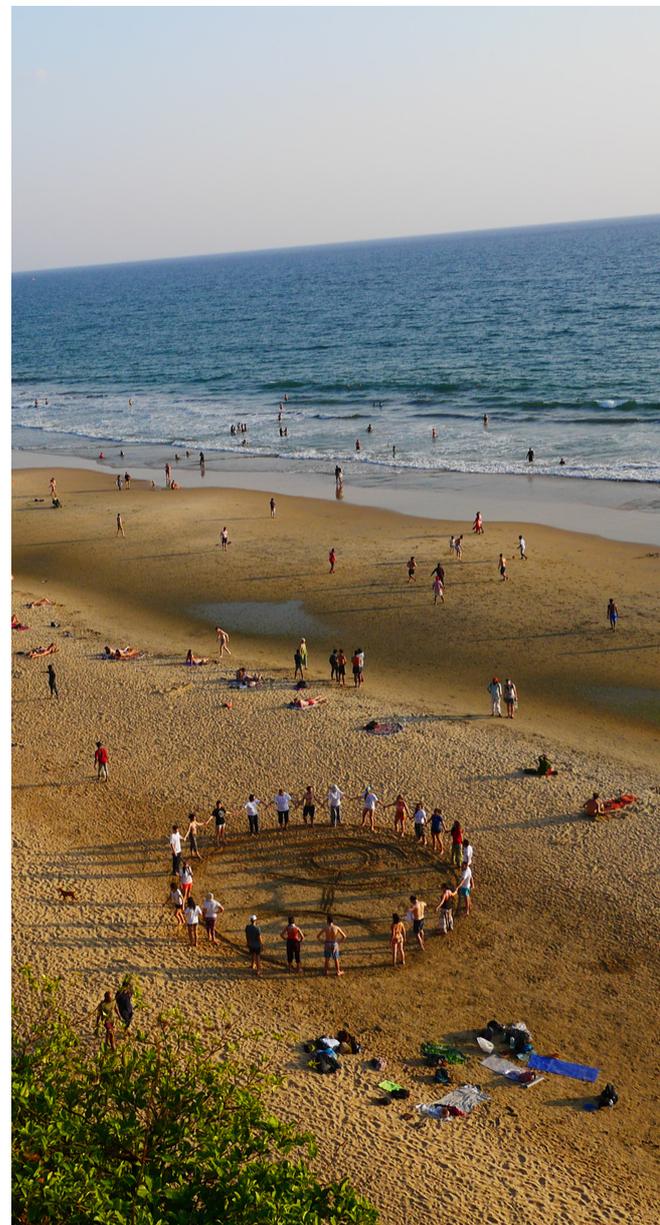
- **The Surya Team**

We have covered Ayurvedic treatments and Yoga, but who accompanies you through all this?

The Surya team is made up of experienced and active teachers, all trained within Surya. With numerous Ayurvedic cure retreats undertaken in the past, and a deep knowledge of India and Yoga, we will be able to accompany you, support you, meet your needs and simply be present and attentive. We have a deep affinity with Indian culture, and can guide some of its treasures to the fingertips of those who know how to listen.

We look forward to sharing our discoveries with anyone who is open to this...

Surya World is also a mobile and adaptable platform that supports humanitarian actions and ecological projects. Remember to visit our site for more information on these topics: www.surya-world.org



TOURISM: EXTRA BENEFITS OF THE PROGRAM



Kerala is one of India's most beautiful regions, with natural wonders such as mangroves, the famous backwaters (canal network), and elephant sanctuaries. The area around Varkala is particularly dense and unique in cultural richness. It is an added value of Surya to be able to take you to places where the tradition has remained intact and give you a close experience.

We offer an authentic and in-depth exploration of the cultural and spiritual richness of this magnificent country that is India. Several excursions are planned for the retreat and will be proposed to you on site.

One important point: the key word in India is "adaptability". It is a country where everything changes quickly. It is essential to follow its rhythm in order to live in harmony with the environment. As such, we do not exclude modifying the programmed excursions or schedules if a particular opportunity presents itself.

Of course, these tours are optional, it is up to you to choose if you prefer to take some time to stroll around, rest, explore alone, or embark on a tour with us.

SERVICES DETAILS

- What the package includes:
 - Welcome and assistance from the airport in Paris to your accommodation in Varkala (note: as long as you take the flight proposed by the team, otherwise you are of course free to join us directly in Varkala at your own expense)
 - The Ayurvedic Cure
 - Daily Yoga classes
 - Entrance fees and transportation for the proposed tourist visits
 - Pleasant accommodation in a hotel or ashram
 - Lunchtime meals
 - The assistance of a Surya guide throughout the stay for the common activities
 - Tai chi classes, meditation, teachings and talks
 - Assistance with departures from Varkala to the airport in Trivandrum. Please note that this does not include airport transfers. The team stays in India but accompanies you as far as possible for a good departure.

Airfare, insurance, and visa fees are at your own expense, as well as breakfasts and evening meals (see "Useful Information" below)





- **How to get there**

To visit India, you will need a valid passport and a visa.

You can apply for a visa easily on the website:

<https://indianvisaonline.gov.in/visa/index.html#> or at an Indian embassy. The destination airport is Trivandrum, Kerala.

Although participants come from all over the world, the group "France" and the accompanying persons will leave from Roissy Charles de Gaulle airport (Paris). It is pleasant and convivial to travel together, so, as soon as the registrations are confirmed, the participants are put in touch with each other by geographical area so that they can organise to travel together if they wish.

Do not hesitate to contact your nearest Surya centre to plan your journey and your arrival - we are here to help.



- **Costs (and payment options)**

The total cost of the retreat is:

- Shared double room 2000 € TTC / person (2625 \$CAN)*
- Single room 2220€ TTC / person (2915 \$CAN)*

People registering alone can share a room, provided they are respectful of their roommate.

If you have financial constraints, we are open to discussing flexible payment options, which may be granted in exceptional circumstances. In this case, please contact the Surya World team by email at contact@surya-world.org to explain your personal situation and agree on a payment schedule. Kindly note that our prices are not negotiable.

** The rate is fixed regardless of the daily exchange rate.*

INDIA: USEFUL INFORMATION



- Pharmacy and health

No particular vaccines or anti-malaria treatments are required to participate in the retreat. Travellers of all levels of fitness are welcome.

We recommend that you bring a small travel medical kit including but not limited to aspirins, bandages, alcohol, intestinal antiseptic, sunscreen creams, and mosquito repellent.

If you have any doubts about your health and your ability to participate in this retreat, please ask your doctor for advice.



- Meals and accommodation

Due to local hotel capacities and availability, it is possible that the group will be accommodated in two different locations in Varkala. In this eventuality, if you wish to be in the same establishment as other travellers or friends, please specify this to us when you register and we will take your request into account.

We usually have meals in a local restaurant with impeccable hygiene, repeatedly tried and tested by us. This restaurant offers both traditional Indian meals and Western dishes, to satisfy everyone's taste and needs.



Varkala is a small town and everyone is free to explore the wide range of restaurants in the area, especially for breakfast and dinner. We love to meet, as a group to share these social moments, so don't hesitate to follow the group for meals.

- **Budget and currency**

The Indian national currency is the Rupee, and Euros and Dollars can easily be exchanged locally. Larger stores and hotels accept major credit cards.

- 1 Euro = 83.25 Rupees*
 - 1 Pound Sterling = 93.69 Rupees*
 - 1 American Dollar = 77.56 Rupees*
 - 1 Canadian Dollar = 62.09 Rupees*
 - 1 Icelandic Krona = 0.56 Rupees*
- *

The standard of living in India is relatively low, so additional expenses are limited. As an example, a full western breakfast costs between 1 and 3 Euros, and an Indian breakfast 0.5 Euros. The evening meal can cost 3 to 5 Euros.

Tip: It is common practice to tip your driver and guide. However, this remains your personal choice.

** The exchange rate fluctuates and changes regularly. Please note this rate is indicative.*



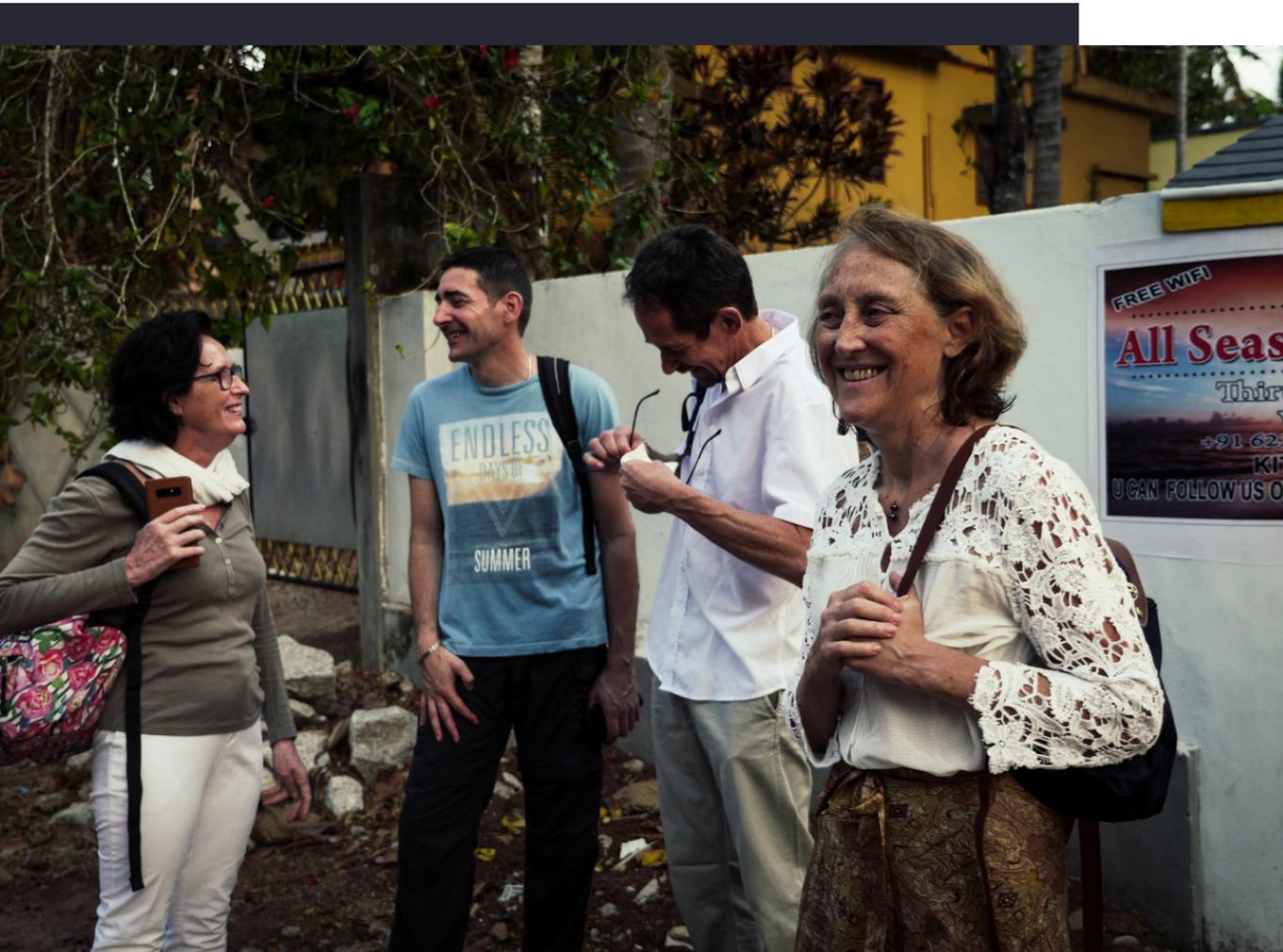
Videos and testimonials from our previous retreats are available on the Surya World Youtube channel.

- Luggage: what should I bring?

From experience, we recommend that you bring:

- A soft backpack
- Simple, comfortable cotton clothing (shorts, skirts, light trousers, T-shirts)
- Clothing for yoga practice
 - White clothing for Ashram visits, or at least a long-sleeved top and long trousers or skirts
- A bathing suit
- Casual shoes for walking and sandals for relaxation
- Sunglasses
- A small travel medical kit with aspirin, mosquito repellent etc. (see above)

It is also possible to buy everything you will need in terms of clothing, toiletries and health care in local stores and pharmacies.



YOUR BOOKING

Request a registration form at contact@surya-world.org

The deposit required at registration is 450 Euros (590 \$CAN)*. It is to be paid upon registration.

The total cost of the retreat is to be paid no later than 30 days before departure to India. It is possible to pay in several instalments without additional charges, and it is recommended to consider purchasing travel insurance with your airline company.

See you soon in India!

** The rate is fixed regardless of the exchange rate.*



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