

Enchant yourself in retreat kerala



Welcome to Kumarakom

Kumarakom is a village on Vembanad Lake in the backwaters of Kerala, southern India. It's laced with canals, where houseboats ply the waters. Kumarakom Bird Sanctuary is home to many species including cuckoos and Siberian storks. Nearby, the Bay Island Driftwood Museum displays wooden sculptures. In the lake, Pathiramanal Island is a haven for rare migratory birds.

Kerala, a state on India's tropical Malabar Coast, has nearly 600km of Arabian Sea shoreline. It's known for its palm-lined beaches and backwaters, a network of canals. Inland are the Western Ghats, mountains whose slopes support tea, coffee and spice plantations as well as wildlife. National parks like Eravikulam and Periyar,

Relax rejuvenate enchant



Package prices at paradise resort Kumarakom Kerala



Rates	Single occupancy	Double occupancy
Week 1 Ayurveda	1500 Euro	1300 Euro
Week 2 Retreat	1200 Euro	1000 Euro
Week 3 Travel	1500 Euro	1500 Euro

Prices inclusive of 3 times meals and travel airport to airport from Kochi Airport

Kochi airport(cok) is international best connected by emirates or Etihad airlines, kumarakom is a 2 hr drive from airport

Paradise resort Kumarakom

We aim to consistently exceed expectations with high quality cottages and incomparable hospitality. Our goal is to provide a flawless, relaxing and memorable experience, time after time. Enjoy more fulfilling relationships with your loved ones in the Garden of Eden. Design your own dream vacation with endless choice. Spend your time with lots of fun and joy, enjoy the anticipation, travel and try new places, experiences and flavors, cherish and share the amazing memories.

<http://www.paradisein.com/>

Ayurveda Retreat

Ayurveda is a philosophy of life concerned with the preservation of a healthy life-style. It arose about 5,000 years ago in India and is considered the world's oldest documented system of medicine. The earliest written records go back 3,000 years.

The term "Ayurveda" has its origin in Sanskrit. "Ayus" means life or life-span; "veda" means knowledge or also science.

The composite term Ayurveda therefore means not just "knowledge of life", but embodies an aspiration to live one's life in the best-possible state, physically and mentally. The Ayurvedic philosophy aims towards a long and above all healthy life in the sense of a balanced style of living – based on the three pillars of body, mind and soul.

The emphasis here is not only on the treatment of disease, but also on prevention through purification and revitalisation.

The person is seen as a unity of body, soul and mind – and any course of treatment must therefore be geared to the patient's individual needs.

Any course of treatment therefore starts with an initial examination by the doctor in charge. This includes not only recording the case history and the current living habits, but also a pulse diagnosis and a physical check-up. In this connection, deciding on the Dosha type according to the Ayurvedic Tridosha model plays a very important part.

Doshas exist in every person in his or her own personal mix from birth. They ought to always be in harmony with each other – even if their relative strengths can shift in the course of a lifetime.

The right balance of the Doshas is essential for physical and mental health. An unhealthy and unbalanced life-style or changes in the person's circumstances cause a shift in the natural balance. This disturbance of the equilibrium is seen in Ayurvedic teachings as the cause of disease.

Travel in Kerala

Day 1 travel to munnar - approx 4 hrs

day 2 munnar- tea estate

day 3 munnar- hill station

day 4 - travel to thekkady - wild life sanctuary -

day 5 - travel to kochi - 6 hrs - stay

day 6- fort kochi

day 7 to airport

vaccination- Nothing specific Mosquito repellent creams and sun screen for beaches

Food options - Vegetarian , fish and meat options But during ayurveda treatment better to be on vegetarian diet