

# Status Quo

Your trusted  
luxury travel  
partner



## India Retreat 2026

November 30 - December 05  
5 Nights - 6 Days

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# Retreat

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**November 30 - December 05** (plus extension tours)

Ira Trivedi, the Indian Chick-lit author, Famed Yogi and the founder of @YogLove is now all set to receive you in the Malabar Coast this early winter for a wellness journey. Seeking through ancients healing forms that are noted in Vedas, this holistic program is designed to revitalize your mind, body, and spirit.

## EXPERIENCES

- Meditation
- Yoga
- Ayurveda treatments
- Temple ceremonies
- Palm readings



## HIGHLIGHTS

- Traditional houseboats that are used as vessels on Kerala's backwaters
- Temple, Padmanavaswamy
- Ayurveda lecture on daily life
- Shopping in Trivandrum town
- India's richest culinary from the spice trading route



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## PRICE

The retreat price is based on minimum 08 and maximum 14 participants



Twin sharing USD 5,500 per person



Single occupancy USD 7,000 per person

## Inclusions

- 05 nights' accommodation on twin sharing basis
- All meals
- Five Ayurveda therapies
- Multiple Consultation with the Ayurveda Doctor (s)
- One Ayurveda Lecture on Daily Life
- Economy class airfare, Mumbai/Trivandrum/Mumbai
- The services of the Retreat Leader
- The services of Dr Shailesh Tripathi
- All activities as listed in the itinerary
- All applicable taxes
- India visa

## Exclusions

- International Airfare
- Post and Pre tours extensions
- Gratuities (tips)

# Retreat - itinerary

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 Manaltheeram Ayurveda Resort – Cottage - 5 nights

**Nov 30<sup>th</sup> - Monday**

**Mumbai - Trivandrum - Manaltheeram**

- Fly Mumbai to Trivandrum (Air India AI2605 – 6:35AM/8:45AM)
- Transferred to Manaltheeram (35 minutes)
- Breakfast at the resort and free time to relax
- Later in the afternoon, introductory Retreat talk by **Ira Trivedi**
- Meet the Ayurveda Doctor for consultation
- A 2-hours Ayurveda treatment, followed by rest until dinner.

 Manaltheeram Ayurveda Resort – Cottage

 Breakfast, Lunch and Dinner



**Dec 01<sup>st</sup> - Tuesday**

**Manaltheeram**

- Morning Meditation session
- Yoga - An immersion into the practice of restorative Yin Yoga and pranayama
- Breakfast at resort
- Free time to relax and enjoy resort facilities and the beach
- A 2-hours Ayurveda treatment, rest for an hour
- Lunch
- Tour of a Hindu temple, Padmanavaswamy
- Return to hotel

 Manaltheeram Ayurveda Resort – Cottage

 Breakfast, Lunch and Dinner



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## Dec 02<sup>nd</sup> - Wednesday

Manaltheeram

- Morning Meditation session
- Yoga session
- Breakfast at resort
- Free time to relax and enjoy resort facilities and the beach
- A 2-hours Ayurveda treatment, rest for an hour
- A day cruise on backwaters with lunch
- Return to hotel

 Manaltheeram Ayurveda Resort – Cottage

 Breakfast, Lunch and Dinner

## Dec 03<sup>rd</sup> - Thursday

Manaltheeram

- Morning Meditation session
- Yoga session
- Breakfast at resort
- Free time to relax and enjoy resort facilities and the beach
- A 2-hours Ayurveda treatment, rest for an hour
- Ayurveda Lecture on daily life and cooking class
- Palm reading sessions by **Dr Shailesh Tripathi**

 Manaltheeram Ayurveda Resort – Cottage

 Breakfast, Lunch and Dinner



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**Dec 04<sup>th</sup> - Friday**

**Manaltheeram**

- Morning Meditation session
- Yoga session
- Breakfast at resort
- Free time to relax and enjoy resort facilities and the beach
- -A 2-hours Ayurveda treatment, rest for an hour
- Trivandrum town shopping with **Ira Trivedi**
- Palm reading sessions by **Dr Shailesh Tripathi**

 Manaltheeram Ayurveda Resort – Cottage

 Breakfast, Lunch and Dinner

**Dec 05<sup>th</sup> - Saturday**

**Manaltheeram - Trivandrum - Mumbai**

- Breakfast at resort
- Transferred in time to Trivandrum airport and fly back to Mumbai
- (Indigo Airlines 6E6108 – 10:00AM/12:25PM)
- Farewell lunch in Mumbai with Ira Trivedi and optional shopping in Mumbai

 Manaltheeram Ayurveda Resort – Cottage

 Breakfast and Lunch

