



Indian Summer House

# Wellness Retreat

## Yoga & Ayurveda

### 5 Days - 5 Nights

Discover the perfect blend of rejuvenation and cultural immersion with our 5-day, 5-night wellness retreat at Indian Summer House. Designed to restore balance and vitality, this experience combines authentic Ayurvedic therapies, yoga, and Kerala's rich traditions.



## Rejuvenate and Immerse A 5-Day Wellness Ayurveda Journey

### Ayurvedic Therapies

Relax and heal with 15 therapeutic treatments carefully sequenced to detoxify, rejuvenate, and energize:

- Sarvaanga Abhyanga: Full-body massage with herbal oils (60 min).
- Swedana: Herbal steam therapy to eliminate toxins (15 min).
- Nasya Karma: Nasal cleansing for clarity and calm (20 min).
- Podikizhi: Herbal poultice massage for muscle relief (60 min).
- Shirodhara: A calming stream of warm oil for mental clarity (30 min).
- Kati Vasti: Targeted therapy for spinal health (30 min).

### Daily Yoga

Begin each day with tailored yoga sessions to enhance flexibility, reduce stress, and deepen mindfulness.

### Cultural Experiences

Immerse yourself in Kerala's traditions with three unforgettable experiences:

- Canoe River Crossing with Afternoon Tea at Mohanan's Tea Shop
- Sunset Temple Tour & Pushpanjali blessing
- Cooking Experience: Learn the secrets of Kerala cuisine with our chef.

### Nourishing Cuisine

Enjoy fresh, farm-to-table vegetarian meals inspired by Ayurvedic principles, crafted to support your wellness journey.



5 DAYS  
5 NIGHTS

## Indian Summer House

[www.indiansummerhouse.co](http://www.indiansummerhouse.co)

This retreat is not just a wellness program—it's a holistic experience that blends rejuvenation, mindfulness, and cultural exploration. At Indian Summer House, we invite you to relax, reconnect, and rediscover balance in the heart of Kerala's natural beauty.

### Pricing

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Private Room (1 Participating Adults)	USD \$2250
Shared Room (2 Participating Adult)	USD \$3950
Shared Room (1 Part + 1 Non-Part Adults)	USD \$3550

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For more Information contact Don  
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