

**Organized by Oriental Spa Ayus
(Via Singapore Airlines)**

Ayurveda Workshop In Kairali (9 Days)

Itinerary

	Date	City	Flight	Time	Schedule	Meal
1	Mar 26 (Sat.)	Depart Narita airport Arrive at Singapore Depart Singapore Arrive at Coimbatore	SQ-637 MI-0456	11:10 17:45 20:20 22:20	To Singapore via Singapore Airlines Transit in Singapore To Coimbatore via Singapore Airlines Upon arrival, to Kairali Resort by bus After arrival, check-in & welcome drink Sleep in individual villas	Break fast: No Lunch : In-flight Dinner: In-flight
2	Mar. 27 (Sun.)	Palakkad		7:00 8:00 AM PM 17:00 Evening	Yoga class Breakfast Doctor's counseling Treatment: Abhyangam Lunch Treatment based on body condition (ex. Elakizhi) Optional: Visit Palakkad e.g. sari shops, etc. Meditation (meditation class) Dinner with Ms. Gita	Break fast: Yes Lunch : Yes Dinner: Yes
3	Mar. 28 (Mon.)			7:00 8:00 AM PM 17:00 Evening	Yoga class Breakfast Doctor's counseling Treatment based on body condition (ex. Kadhi Kizhi) Lunch Treatment based on body condition (ex. Podikizhi) Ayurveda seminar(1 hour) Meditation (meditation class) Dinner	Break fast: Yes Lunch : Yes Dinner: Yes

4	Mar. 29 (Tues.)			7:00 8:00 AM PM 17:00 Evening	Yoga class Breakfast Doctor's counseling Treatment based on body condition (ex. Lunch Treatment based on body condition (ex. Yoga seminar (1 hour) Meditation (meditation class) Dinner	Breakfast: Yes Lunch : Yes Dinner: Yes
5	Mar. 30 (Wed.)			7:00 8:00 AM PM 17:00 Evening	Yoga class Breakfast Doctor's counseling Treatment based on body condition (ex. Pizhichil) Lunch Treatment based on body condition (ex. Dhara) Cooking seminar by local chef (1 hour) Meditation (meditation class) Dinner	Breakfast: Yes Lunch : Yes Dinner: Yes
6	Mar. 31 (Turs.)			7:00 8:00 AM PM 17:00 Evening	Yoga class Breakfast Doctor's counseling Treatment (ex. Kativasti) Lunch Treatment (ex. Netra Dhara) Optional: Visit Hindu temples Meditation (meditation class) Dinner	Breakfast: Yes Lunch : Yes Dinner: Yes
7	Apr. 1 (Fri.)			7:00 8:00 AM PM 17:00 Evening	Yoga class Breakfast 1-day seminar on Abhyangam Lunch 1-day seminar on Abhyangam Meditation (meditation class) Dinner together with Ms. Gita	Breakfast: Yes Lunch : Yes Dinner: Yes

8	Apr. 2 (Sat.)			7:00 8:00 AM Midd ay PM Late aftern oon 18:00 23:10	Yoga class Breakfast Treatment based on body condition (ex. Navarakkizhi) Lunch Treatment based on body condition (ex. Abhyangam) Dinner Check-out To Coimbatore airport by bus To Singapore via Singapore Airlines (Overnight flight)	Break fast: Yes Lunch : Yes Dinne r: Yes
		Leave Coimbatore	MI-0455			
9	Apr. 3 (Sun.)	Arrive at Singapore Leave Singapore Arrive at Narita airport	SQ-012	06:15 09:20 17:05	Transit in Singapore Return to Japan via Singapore Airlines Arrive at Narita airport, dismissed after immigration and customs	Break fast: In- flight Lunch : In- flight Dinne r: No

※ The above itinerary is subject to change due to local transportation conditions.

※ Approximate time of day: Early morning: 04:01-06:00 Morning:06:01-08:00 AM:08:01-11:00 Midday: 11:01-13:00

PM: 13:01-16:00 Late afternoon: 16:01-19:00 Evening: 19:01-23:00 Late evening: 23:01-04:00

※ All of the meals at Kairali Resort are vegetarian.

※ In principle, drinking alcohol and smoking are prohibited inside Kairali Resort's buildings.

※ Guests are free to use the gym and pool.

※ As for Ayurvedic treatments, treatments which suit the individual's body condition will be determined upon consultation with the doctor. Please note that there may be changes in meals, treatments, etc. based on daily consultation.

Kairali means "From Kerala." Kerala located in Southern India is said to be the holy land of Ayurveda. Kairali Resort was established in Kerala in 1997 by Mr. and Mrs. Ramesh. (The Ramesh family has been manufacturing Ayurvedic medicines for generations.) Since then, Kairali Resort has been providing a truly authentic Ayurvedic life so that people around the world can experience the wonderful benefits of real Ayurveda.

"Prevention is better than cure" - This is Mr. and Mrs. Ramesh's motto. Hoping that people can live richer and healthier lifestyles, Kairali provides not only Ayurvedic treatments but also an ideal lifestyle in all aspects by incorporating yoga, diet, etc. We hope that you take this opportunity to experience the real Ayurvedic life.

Optional tour

※See the Indian traditional dance "Kathakali"

※Visit to Hindu temples

※Visit to sari shops in Palakkad