



THREE WEEK HEALING HOLIDAY PLAN

Alison and Bibin have put together a Three Week Timetable that will ensure you receive the most benefit from your holiday, whether you are coming for a major healing experience or to rejuvenate your body and mind.

We have taken these exact steps from staying with the wonderful people at the Hotel Ajanta in New Delhi then flying down to Trivandrum and 20-30 minutes to Kovalam beach to undergo treatment with Dr George and his team.

Bibin has worked in Kovalam in the hotel and tourist industry and personally knows everything you need to know about the area. We will be there to oversee your Healing Holiday and to make sure you have everything you need for a holiday that will change your life.

Pre-trip: Start of journey

- Once you confirm booking we will send you an invoice – a deposit of aud\$550 (+GST) is payable in advance. The remainder is paid when you arrive in Kovalam in either aud\$ or Rs (GST not required).
- We will then send you Receipt plus a Booking Confirmation with the full *Prana Healing Holiday Plan* plus a list of recommendations for travel including what to bring, advice on travel medicines and shots, tips for the Visa process and any further information so you can ingest the details and prepare yourself for a stress free journey.
- You will also receive a Treatment Form to start your consultation with Dr George. Through this he will start to gather your medical history and ascertain if you have any necessary test results to bring with you, answer any questions and to gain insight into your needs in order to create a **14 Day Treatment Plan** in preparation for your visit.

1 month prior

- When you have booked your ticket to New Delhi let us know at least 2 weeks prior to your departure so we arrange for your domestic flights, transfers and accommodation.

WEEK 1

Day 1 Hotel Ajanta – Delhi

- Arrive at Delhi Airport
 - Collected from Airport – check in to a Deluxe Room booked for you at the Hotel Ajanta.
- NB: if your flight arrives early and you check in before 12 noon you may need to pay a very small extra charge which depends on how early you have checked in prior to midday)
- Relax, shop, eat (we will provide you with suggestions of what to do that's good and exciting just in the local area so it's a taste of Delhi but not too taxing.)

Day 2 Hotel Ajanta – Delhi

- Rest Day - Take the day off to sleep in, relax, shop, eat
 - (TIP) you may wish to arrange with the Hotel front desk to take a lovely day or night trip to the famous and impressive Red Fort.
- We recommend that if you haven't been to India before, then you may wish to take out a few days from our Plan (at the beginning or end) to do a quick trip to Agra to visit the magical **Taj Mahal** - it is only 4 hours drive from Delhi and an easy overnight stay to see it at sunset (and/or sunrise) - we can help you arrange this through the Hotel Ajanta in Delhi (not included in this trip)

Day 3 – Kovalam

- Next day you are picked up from the Hotel Ajanta and taken to the domestic airport. You will fly to Trivandrum, the capital of the State of Kerala. Flight time is approx 4 hours.
- A PHH staff member will pick you up in an Ambassador car from the Trivandrum airport and drive 20-30 mins to Kovalam beach and check you into your hotel.
- Once you have checked in you will be taken for a cup of tea (or Chai) and help you orientate plus give you the following:
- Your **Wellness Manual**. This has in-depth details of the healing holiday you are about to embark on.
- The Manual will include vegetarian recipes (that you can learn how to cook if you would like to do the Cooking Classes), some helpful tips about the area, plus a diary for you to document your journey and help act as reminders of how to integrate these tips into your every day life back home.

	<ul style="list-style-type: none"> You will receive either a SIM card to put into your mobile phone or if you need, we will lend you a phone. This will have all relevant local contact numbers plus 500 Rs for you to use to text your family and friends with your number so they can also call/text you while you are away – it's nice to stay in touch. Once settled in we will take you for your first appointment with Dr George where he will give you your medicines to start, work out your schedule and be assigned a massage practitioner. We require the final payment for the trip, and you are given your treatment Lungi (a large 2 metre thick sarong especially worn to and from treatments). That night, if possible, we invite you to have dinner with us to welcome you to Kovalam.
<p>Day 4 (1 of 14 days of treatment)</p> <p>Kovalam</p>	<p>First day of full treatment – 2 treatments a day</p> <ul style="list-style-type: none"> Morning treatment Afternoon treatment In between you have a choice to do what you like – we recommend all or a combination of the FIVE S's: shower, snooze, sunbake, swim, and shop and of course eat, read, day dream and relax. Dr George and your masseur will remind you the most essential thing is to go SLOW, rest, and soak up the relaxing atmosphere. With all this to do, its surprisingly a busy day. <p>DAILY YOGA FOR RELAXATION AND MEDITATION: Dr George will allow his patients to do yoga along with treatment but only for relaxation and meditation. He or another teacher conducts these classes daily for you lasting 1½ hours. This is included in your Holiday Plan but is optional.</p> <p><i>or</i> MEDITATION: Although we include a daily class of Meditative Yoga in the price, should you wish to only do Meditation classes, these will be conducted by appointment and cost 250 Rs per session (approx aud\$6.65).</p>
<p>Day 5 (2 of 14)</p> <p>Kovalam</p>	<p>(Optional) morning Yoga with Dr George or Meditation with local practitioner</p> <ul style="list-style-type: none"> Morning treatment The five S's and rejuvenation Afternoon treatment <p>NB: It is not necessary to have an appointment with Dr George each day but you will see him regularly (often it is daily) plus he often calls you to see how you are feeling.</p>
<p>Day 6 (3 of 14)</p> <p>Kovalam</p>	<ul style="list-style-type: none"> (Optional) morning Yoga with Dr George or Meditation with local practitioner Morning treatment The five S's and rejuvenation Afternoon treatment
<p>Day 7 (4 of 14)</p> <p>Kovalam</p>	<ul style="list-style-type: none"> (Optional) morning Yoga with Dr George or Meditation with local practitioner Morning treatment The five S's and rejuvenation Afternoon treatment
	<p>WEEK TWO</p>
<p>Day 8 (5 of 14)</p> <p>Kovalam</p>	<ul style="list-style-type: none"> (Optional) morning Yoga with <u>Dr George</u> or Meditation with local practitioner Morning treatment The five S's and rejuvenation Afternoon treatment
<p>Day 9 (6 of 14)</p> <p>Kovalam</p>	<ul style="list-style-type: none"> (Optional) morning Yoga with Dr George or Meditation with local practitioner Morning treatment The five S's and rejuvenation Afternoon treatment
<p>Day 10 (7 of 14)</p> <p>Kovalam</p>	<ul style="list-style-type: none"> (Optional) morning Yoga with Dr George or Meditation with local practitioner Morning treatment The five S's and rejuvenation Afternoon treatment

<p>Day 11 (8 of 14) Kovalam</p>	<p>• 2nd Week of treatment</p> <div style="border: 1px solid black; padding: 5px;"> <p>You now have the option to change your program to have both treatments back to back in one session instead of splitting them up. Dr George says that now you will be feeling well and much more alive and able to do more things. This is the time to include Optional Extras such as cooking classes and escorted trips around the area to see some of the beauty of Kerala (see below).</p> <p>This week is a great time to take your day trip which is included in the holiday plan: You are taken on an exciting guided day trip to see the local sights in and around Trivandrum. You will visit the Padmanabhaswamy Temple, Puthenmalika Palace, Museum, Art Gallery, Shanghumugham Beach, and Veli Tourist Village where you will take a boat trip down the beautiful back waters of the countryside.</p> <p>At the end of the day you can walk up the top of the famous Lighthouse to see the sunset. (Fees do not include food, tips, entrance fees or elephant rides).</p> </div> <ul style="list-style-type: none"> • (Optional) morning Yoga with Dr George or Meditation with local practitioner • Morning and/or afternoon treatment
<p>Day 12 (9 of 14) Kovalam</p>	<ul style="list-style-type: none"> • (Optional) morning Yoga with Dr George or Meditation with local practitioner • Morning and/or afternoon treatment • Rest and other activities
<p>Day 13 (10 of 14) Kovalam</p>	<ul style="list-style-type: none"> • (Optional) morning Yoga with Dr George or Meditation with local practitioner • Morning and/or afternoon treatment • Rest and other activities
<p>Day 14 (11 of 14) Kovalam</p>	<ul style="list-style-type: none"> • (Optional) morning Yoga with Dr George or Meditation with local practitioner • Morning and/or afternoon treatment • Rest and other activities
<p>WEEK THREE</p>	
<p>Day 15 (12 of 14) Kovalam</p>	<ul style="list-style-type: none"> • (Optional) morning Yoga with <u>Dr George</u> or Meditation with local practitioner • Morning and/or afternoon treatment • Rest and other activities
<p>Day 16 (13 of 14) Kovalam</p>	<ul style="list-style-type: none"> • (Optional) morning Yoga with Dr George or Meditation with local practitioner • Morning and/or afternoon treatment • Rest and other activities
<p>Day 17 (14 of 14) Kovalam</p>	<ul style="list-style-type: none"> • (Optional) morning Yoga with Dr George or Meditation with local practitioner • Morning and/or afternoon treatment • Rest and other activities • Finish of treatment. Final consultation with Dr George where he will also give you 2 months of additional medicines to take home (see below).
<p>Day 18 Kovalam</p>	<ul style="list-style-type: none"> • Last day in Kovalam. See <u>Optional Extras</u> for details on an overnight or full day trip see some sights.
<p>Day 19 Hotel Ajanta</p>	<ul style="list-style-type: none"> • We say our goodbyes and a PHH staff member will drop you off at Trivandrum airport to return to Delhi. • You will be collected from the airport and taken to Hotel Ajanta. (don't forget that they will carry your luggage so don't lift anything)
<p>Day 20 Hotel Ajanta</p>	<ul style="list-style-type: none"> • Delhi - It's best to have an extra day to sleep in, relax, shop, eat and rest before your international flight.
<p>Day 21</p>	<p>Last day of your <i>Prana Healing Holiday</i> – from here you may wish to return home or to go on and have further adventures – We can arrange for you to speak with Mr Praveen at Hotel Ajanta when you arrive.</p> <p>He arranges some fantastic holiday plans e.g. an overnight stay in Agra to see the Taj Mahal or, say an 11 day trip to 5 cities in an Ambassador car with a driver. (Ask Alison about the journey).</p>

	<p>The only thing to remember is GO SLOW you will feel a million bucks but its best to keep go slow and enjoy the holiday and your new body.</p>
	<p>POST TREATMENT To ensure that your treatment is as successful as possible, Dr George will give you an additional 2 months supply of your Ayurvedic herbal medicines for you to take when you get home (no problems with Customs clearance but you must declare as Herbal medicines).</p> <p>The medicine will continue to keep your body in great condition and ensure that you will receive the maximum long term benefit from your treatment.</p>
	<p>OPTIONAL EXTRAS</p> <p>MEDITATION: Although we include a daily class of Meditative Yoga in the price, should you wish to only do Meditation classes, these will be conducted by appointment and cost 250 Rs per session (approx aud\$6.65).</p> <p>VEGETARIAN COOKING CLASSES: Take one or several cooking class with chefs who know the English names of all the spices and vegetables, and learn how to make wonderful and authentic Indian vegetarian dishes – especially once you know the ingredients that are best for you.</p> <p>Classes are for two hours. Cost is \$25 per class including all ingredients and recipes.</p> <p>ESCORTED TOURS :</p> <ul style="list-style-type: none"> • If you have not been to India before then we recommend that you take 1 to 2 days (more if you can afford the time) out of your trip at the beginning, or end, to visit the <u>Taj Mahal in Agra</u> which is only 4 hours drive from Delhi. We can arrange this with the Hotel Ajanta for you. (depart Delhi) • The <u>Red Fort in Delhi</u> is something great to do the first or second night you stay in Delhi and you can arrange with the front desk of the hotel - costs approx \$10-\$15 (Delhi) • <u>Kanyakumari</u> is at the southern most tip of India and its where three seas meet: the Bay of Bengal, Indian Ocean and Arabian sea. <p>Pilgrims come here to bathe in the sacred waters and to worship the goddess Devi Kanya, an incarnation of Shiva's wife, who conquered demons and secured freedom for the world. You can stay to get to see both sunset and sunrise - overnight (depart Kovalam). (see <u>photos</u>)</p> <ul style="list-style-type: none"> • <u>Alapie house boating</u> - Go for a backwater cruise to the beautiful countryside of Kovalam. Choices including paddling in country boats, rides on houseboats or a catamaran to enjoy Kerala's lush green scenery. (Kovalam) <p>Prices to follow...</p>

COST per person for a three week Prana Healing Holiday

Add a return flight Delhi to Trivandrum* approx aud\$550 (currency rate @13/10/08) which PHH will arrange



OPTION 1:

TOTAL = aud\$3,350 (equals \$159/day)

Accommodation:

Delhi - Hotel Ajanta - Double Room Deluxe (2 nights at beginning and end)

Kovalam - Wilson Ayurvedic Resort - 16 nights in Double Room with no air conditioning (a lovely room with fan & mosquito net with swimming pool.



OPTION 2:

TOTAL = aud\$3,850 (equals \$183/day)

Accommodation:

Delhi - Hotel Ajanta - Double Room Deluxe (2 nights at beginning and end)

Kovalam - Sagara Beach Resort - 16 nights in Double Room Deluxe with air conditioning and balcony with swimming pool.



OPTION 3:

TOTAL = aud\$4,350 (equals \$207/day)

Accommodation:

Delhi - Hotel Ajanta - Double Room Deluxe (2 nights at beginning and end)

Kovalam - Sagara Palace - 16 nights in Double Room Super Deluxe (non Seaview) with air conditioning and balcony with swimming pool.



OPTION 4:

TOTAL = aud\$4,650 (equals \$221/day)

Accommodation:

Delhi - Hotel Ajanta - Double Room Deluxe (2 nights at beginning and end)

Kovalam - Sagara Palace - 16 nights in Double Room Super Deluxe (Seaview) with air conditioning and balcony with swimming pool.

* from Trivandrum we pick you up in an Ambassador car and drive 20 minutes to your hotel on Kovalam beach.

GST is payable on \$550 deposit only. Remainder is paid in aud\$ or Rs upon arrival in Kovalam to PHH staff.

*** Rates will be slightly lower per person for couples or those who share a room.

COST INCLUDES :

- **14 day Ayurvedic treatment** with Dr George, including medicines & **two treatments a day**

- plus **additional medicines** for 2 months following treatment to take home

- **accommodation** (for 20 nights in Delhi and Kovalam)

- **breakfast** while in Kovalam (you can get great room service breakfast at Hotel Ajanta)

- all **transfers and domestic flights** to and from Delhi to Trivandrum / Kovalam

- Daily Yoga for Relaxation and meditation:

Dr George will allow his patients to do yoga along with treatment but only for relaxation and meditation. He or another teacher conducts these classes daily for you lasting approx 1½ hours.

- mobile phone with sim card and/or sim card with **Indian mobile number** (including start up 500 Rs to text or call your friends/family)

- Ayurvedic soap, shampoo and conditioner (**little luxuries**)

- a full **Healing Plan** and all the other things we have thought of in the travel plan to make your stay as **healing and fun** as possible.

PLUS A DAY TRIP: As part of your trip we will take you on an exciting guided day trip to see the local sights in and around Trivandrum. We will visit the Padmanabhaswamy Temple, Puthenmalika Palace, Museum, Art Gallery, Shanghumugham Beach, Veli Tourist Village where you will take a boat trip down the beautiful back waters of the countryside.

At the end of the day we will walk up the top of the famous Lighthouse to see the sunset. (Not including lunch, entrance fees or elephant rides).

**COST DOES NOT INCLUDE:

- airfares to and from your originating country
- food (besides breakfast in Kovalam) - see Accommodation and Tips for information and example cost of food
- any personal shopping, visiting a tailor, laundry
- internet (cafe's and international calls are easily available)
- tuk tuk rides

In addition to our day trip we can arrange for you to see other sites including local markets, historical and natural beauty - visit Optional Extras

RESEARCH:

We compared our Healing Holiday plan to other Ayurvedic Resorts whose trip is for only 14 days, and not our 21 day plan (plus we include your domestic flights) and the average price is aud\$5,571.

We feel that our Healing Holiday Plan offers more than these remote resorts, as our idea is to help you have a greater sense of freedom and adventure whilst receiving a personalised treatment with Dr George so you will leave, free of pain, re-energised and have an increased feeling of wellbeing.