

A HEALING JOURNEY TO REJUVENATE BODY AND SOUL

AYURVEDIC RETREAT with KHANDRO THIRINLAY CHODON

**This inward journey of the heart
allows you the opportunity to reflect and rejuvenate
in a peaceful, beautiful and joyful setting
filled with love and deep care.**

4 - 19TH JANUARY 2025

16 DAYS/15 NIGHTS

USD\$2950 EX KOCHI, SOUTH INDIA

Our retreat place is on an Island, an Ayurvedic retreat on the backwaters of Kerala, the home of Ayurvedic healing. Here you will receive 12 days of consultation and treatment in this beautiful and authentic resort. After your initial consultation with the doctor you will receive 2 treatments a day and special diet as prescribed. Yoga and meditation sessions are also available for you to join each day. As part of this journey you will also be offered an individual session with Khandro Rinpoche. After your full course of treatment and healing we will travel to the famous backwaters area at Alleppey, where we will take an afternoon cruise on a traditional Kerala houseboat and stay onboard for one night to explore the most beautiful parts of these waters. It is a perfect way to transition back to normal life. The next morning we travel onto Fort Kochi, a famous old Portuguese seaport - popular for shopping, food and interesting sights. Note that once we reach the hotel in Fort we tend to do things in smaller groups or individually, so we have found it best to only provide breakfast as part of the itinerary and leave other expenses to each person. We stay one night in this seaport and most homeward flights leave late evening on 14th January.

Note re arrival to Kochi: The resort is 1-2 hours drive from the airport. We leave for the resort from Courtyard Marriott hotel (nr airport) around 9-10am on 5th, so our itinerary provides one night stay at this hotel on the 4th January. When you arrive at Kochi airport you will be provided with free transfer to this hotel by a hotel car. Be sure to send your flight details for this pick up.



Khandro Thrinlay Chodon Rinpoche

Khandro Thrinlay Chodon is a vibrant, joyful and warm humanitarian. She is also a Buddhist lay female meditation Master. Her life purpose now is to bring alive the ancient traditions of her own wisdom lineage to this modern chaotic world. Rinpoche brings to us a unique perspective having been born into a renowned family of meditation masters of Tibet, then having studied and lived in the West with a Masters of Psychology. Now Rinpoche, as she is known, leads an international humanitarian organisation, and travels the world imparting deep practical wisdom, which we can use in our everyday lives.

For more information on
Khandro Thrinlay Chodon and her
organisation Khachodling
please visit her website
www.khachodling.org



**Places fill up fast so please book
early! For more information and
registration, please email
jane@khachodling.org**



AYURVEDA

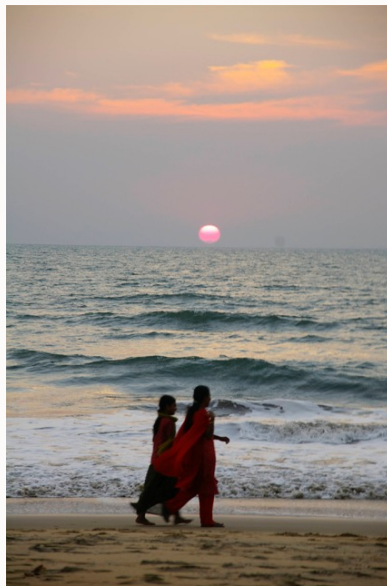
Ayurveda is an Indian health practice thought to be more than 5000 years old. It consists of a number of disciplines, including aromatherapy, diet, herbal medicine, acupuncture, yoga, massage, meditation and balancing of energies. The word "ayurveda" is translated from Sanskrit to mean "the science of life". Ayurveda considers disease as a deviation from the normal state of the body and the treatment is intended to bring the patient to a normal state. Ancient Indian philosophy says that all substances in the universe are made up of 5 basic elements - earth, water, air, and ether. The balance of these makes a healthy person.

CONSULTATION AND DIAGNOSIS

First of all the doctor consults and evaluates the patients conditions- physical and mental. Please feel free to discuss everything as then only can the doctor have a true understanding. The according to the diagnosis two types of treatments will be decided upon - relaxation and rejuvenation for maintenance of healthy being or treatments of a specific nature for cure of ailments in sick person. You may bring recent medical reports - though not essential these doctors will be able to understand them and make use of them as appropriate to the conditions presented.

TREATMENTS

The major treatment is given in the morning and the minor one in the afternoon. ie 2 treatments a day - these are usually massages with herbs, milk or oil as prescribed. Internal herbal medicines are also given and are administered by staff at appropriate times. Your diet will also be advised and given in the meals you are served. Additional treatments may be prescribed such as acupuncture, magneto therapy, reiki and are available on site on advice of the doctors.



FOLLOW UP

Once the course of treatment is over one is advised to rest for double the number of days of treatment if at all possible.

COST: 16 days is USD\$2950 ex Kochi (Cochin), South India. Cost includes all food, accommodation, transfers, as well as ayurvedic treatments and consultation. Please note: if you are wishing to join only for the ayurvedic resort section or for less days the cost is USD\$185 per day plus transfers. For further information and registration: email jane@khachodling.org

Travel with meaning and depth!

The Ayurvedic Healing and Rejuvenation Retreat is part of the 2025 Uncommon Journeys with Khandro Thrinlay Chodon.

AYURVEDIC RESORT

This resort is part of an authentic chain of ayurvedic hospitals in Kerala, South India.

Set in splendid beauty that refreshes your soul on the Kerala backwaters. The backwaters of Kerala are 900 km of waterways network of interconnected canals, rivers, lakes and inlets that run along the Malabar Coast of Kerala. It is one of the main tourist destinations in all of Sth India.

Approximately 1-2 hours drive north of Cochin you will be transported to Rajah Island Resort by car or minibus.

FLIGHTS

Kochi International Airport is situated in the city of Kochi, in the state of Kerala, India. COK is the airport code. Best flights from Hong Kong and Australia do connect to it via Kuala Lumpur or Singapore.

Once you have booked your flights please send us the details so we can arrange transfers.

Note: The last days in Fort Kochi are in small groups or individual exploration, so your transfer from Fort Kochi to the airport is at your own cost as is lunch and dinner on those final two days.

VISAS

Please note that your Indian visa is your individual responsibility to obtain.

CULTURAL HIGHLIGHTS

During resort stay cultural shows and events are hosted - eg. sari wearing classes, cooking lessons, Kathakali dancing, local martial arts. There is also an option to train in traditional dance.



