

## **Find your bliss 26**

### **India Retreat Retreat Full Guide**

Next February, embark on an extraordinary journey with Maxine as she leads you through a once-in-a-lifetime Indian yoga retreat experience.

Nestled in the landscapes of Kerala, South India, this isn't just any yoga retreat. With Maxine's deep-rooted connection to India, spanning generations through her mother and grandmother, this retreat promises to delve into the true essence and significance of yoga. Join her as she unveils the heart and soul of yoga amidst the rich cultural tapestry of her ancestral land.

#### **THE EXPERIENCE**

Over the course of 8 days and 7 nights, immerse yourself not only in the practice of yoga but also in the authentic essence of this captivating country's rich culture and history. Embark on a journey of yogic immersion, where you'll explore temples, engage in meditation, practice asanas, indulge in poetry, partake in daily rituals, delve into sacred texts, immerse yourself in traditional mantras, and practise poojas (ceremonial blessings).

#### **OUR HOME FOR THE WEEK**

We will be staying at the Magnolia Guest house, the embodiment of a vision that began over a decade ago. Nestled along the pristine shores of Varkala, Trivandrum, our story is one of timeless elegance and charm.

We will leisurely sip from coconuts, relax in the gardens and enjoy laughter and community.

#### **THE JOURNEY**

As part of our retreat we will embark on a journey to the secluded Great Backwaters where Max discovered a hidden gem during her last visit to Kerala. Nestled amidst the picturesque Backwaters, a serene expanse of lakes, canals and lagoons running parallel to the Arabian Sea coast, we will spend 1 whole day here together - which promises to be an unforgettable experience. Our adventure begins in the Backwaters to cruise along the lakes while we will engage in a meditation session, channeling our dreams, wishes, and intentions into manifestation. The day unfolds with opportunities to swim in the rivers, and watch the mesmerising sun set.

In the afternoon, the hosts will guide us on a visit to observe local women skillfully transforming coconut husks into ropes. You'll have the chance to participate first-hand, learning the art of extracting fibers from coconut husks, spinning and twisting them into yarn, and weaving them into durable ropes. It's an immersive experience into the rich cultural heritage of Kerala's Backwaters, promising memories to cherish for a lifetime.

#### **THE PUJA CEREMONY**

The Pooja Ceremony is a sacred ritual of devotion, gratitude, and renewal. Surrounded by the gentle sounds of nature and the flicker of candlelight, this beautiful practice invites you to release what no longer serves you and welcome in clarity, peace, and intention.

Guided by local practitioners, we'll offer prayers, set intentions, and experience the profound energy of ancient mantras and sacred fire. Whether you seek inner stillness, connection, or a simple moment of reflection, this ceremony is a powerful way to honor your journey. Step into this sacred space, open your heart, and let the ritual bring you back to yourself to find your bliss.

### **THE PRACTICE**

A Nourishing Yoga Practice for Deep Rest & Renewal. The practice weaves together elements of Hatha Yoga, Pranayama, Meditation, Restorative Yoga, Mantra, and Yin Yoga, creating a journey that balances movement, breath, stillness, and deep rest. Expect breathwork circles, journaling and deep connection helping you to find your bliss.

This is a welcoming, mixed-gender retreat, open to both solo travelers and friends. If you're coming alone and would like to share accommodation, we're happy to pair you with a like-minded guest. However you arrive, you'll leave with deep connections, a supportive community, and a heart full of newfound friendships. ✨

### **TRAVEL ARRANGEMENTS**

Arrival is on 5th February, Departure is on 12th February, you will need to vacate your accommodation by 11am. There will be no yoga classes on departure day.

Kerala International airport is Thiruvananthapuram (TRV) it can be reached by international charter flights from the UK and other European countries, as well as by international scheduled flights via Delhi and Mumbai and the middle east.

The journey from the airport to the resort is about 60 minutes

Taxis will be arranged for you included in the cost, and we will group people together where possible.

It's very common for flights to arrive in the early hours of the morning, but don't worry—the people of Kerala are used to this, and so are we! To make your arrival smooth and stress-free, we've included an extra night's stay at no additional cost if you land in the early hours, so you can rest and sleep off the jet lag.

If you'd like to arrive a few days earlier, you're welcome to arrange your own accommodation—[Booking.com](https://www.booking.com) is a great place to start your search.

Please be aware that a tourist visa is required for travel to India. There is an online application process for tourist e-visas that is a more affordable option. You can apply here <https://indianvisaonline.gov.in/visa/tvoa.html>