

*Pure Health*

# Ayurveda

IN THE MOUNTAINS RETREAT

OCT 23 TO 30 2024

Kerala, India



## Yoga & Ayurveda Therapies

Discover the transformative power of Ayurveda and Yoga therapies designed to rejuvenate your mind, body, and spirit.

## Nature immersion & Beauty Therapeutic Therapies

Experience the ultimate in natural beauty as we harness the power of nature to rejuvenate your overall wellbeing with nature and cultural immersions.

WELCOME TO

# Pure Health Travel Retreats



I am super excited to introduce you to one of our new hosted retreat programs, with the exclusive "Ayurveda in the Mountain" retreat. At Pure Health Retreats, we curate diverse programs across many wellness verticals, from Ayurveda and Adventure to Weight Loss and Wellness Workshops, in stunning locations worldwide.

Our retreats are thoughtfully selected for their unique healing properties. This inaugural India getaway blends the best of Ayurveda, yoga, and natural beauty therapies with enriching cultural experiences. Imagine yourself in a charming village in Kerala, India, known as the original "God's Own Country."

Surrounded by breathtaking natural beauty, this retreat offers the perfect setting to unwind, rejuvenate, and reconnect with your inner self. Picture yourself in a charming village in Kerala, India, known as "God's Own Country." Surrounded by stunning natural beauty, this retreat offers the perfect place to unwind, rejuvenate, and reconnect with your inner self. With over 3 decades in tourism and wellness, our licence and accreditation assures you are in the best hands.

Can't wait to see you there!

Lindy Andrews  
Founder, Pure Health Travel

# Healing Retreat

Welcome to Ayurveda in the Mountains, an exclusive retreat designed to rejuvenate your mind, body, and spirit. Set in the picturesque landscape of Kerala, India—often referred to as "God's own Country"—our program offers a unique blend of Ayurveda, yoga, nature therapies, and cultural immersions.

## Program Highlights:

**Ayurveda Treatments:** Personalised therapies based on ancient Ayurvedic principles to detoxify, heal, and balance your body.

**Yoga & Breathwork Sessions:** Daily yoga & breathwork practices tailored to all levels, focusing on physical strength, flexibility, and mental clarity.

**Nature Therapies:** Reconnect with nature through activities like guided nature walks, forest bathing etc.

**Cultural Immersions:** Experience the rich cultural heritage of Kerala through traditional music, dance, and local culinary delights.

## Sound Healing Sessions Beauty Therapies

### Benefits

**Holistic Healing:** Our integrated approach ensures comprehensive wellness by addressing physical, mental, and spiritual aspects.

**Stress Relief:** Experience deep relaxation and stress reduction through Ayurvedic treatments and yoga practices.

**Detoxification:** Purify your body with natural therapies that eliminate toxins and promote overall health.

**Enhanced Wellbeing:** Improve your physical fitness, mental clarity, and emotional balance.



**Cultural Enrichment :** Gain deeper understanding and appreciation of Kerala's rich cultural heritage and natural beauty.

## JOIN US

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Nestled within a serene 25-acre resort surrounded by lush forests and pristine nature, our retreat provides the perfect escape from the hustle and bustle of daily life. The tranquil environment, coupled with the natural beauty of Kerala, creates an ideal setting for deep relaxation and holistic healing.

# ITINARARY

## Day 1

Upon arriving at Coimbatore International Airport, you will be greeted and transferred to the resort. After completing the check-in process, you can spend the rest of the day relaxing and exploring the peaceful surroundings of the resort.

In the evening, join our rejuvenating and restorative yoga and meditation sessions to unwind and centre yourself. Consultations with practitioners, preparing for the transformative days ahead. Enjoy a delicious lunch and dinner, both provided at the resort, to nourish your body and mind.

## Day 2 - 4

Start your day with invigorating morning yoga, meditation, and breathwork sessions designed to awaken your senses and harmonise your body and mind. After breakfast, indulge in personalised Ayurveda treatments to promote detoxification and balance.

Enjoy a nourishing lunch at the resort, followed by afternoon Ayurveda therapies tailored to your needs. Spend the rest of the afternoon relaxing and soaking in the tranquillity of the property. Conclude your day with a wholesome dinner, leaving you feeling refreshed and rejuvenated.

## Day 5 - 6

Begin the days with invigorating morning yoga, meditation, and breathwork sessions designed to centre and energise you. Following a nourishing lunch, we will focus on natural beauty therapies tailored for hair, skin, and overall body care.

In the afternoon, immerse yourself in nature with a serene forest bathing session, village walks, followed by a gentle trek to enhance your connection with the natural surroundings. This day of rejuvenation and nature integration will leave you feeling refreshed and harmonised.

## Day 7

Begin your day with invigorating morning yoga, meditation, and breathwork sessions designed to centre and energise you. After a nourishing breakfast, we will focus on natural beauty therapies tailored for your hair, skin, and overall well-being.

In the late afternoon, following a delicious lunch, immerse yourself in a rich cultural experience. Enjoy a tribal cultural showcase, sound healing sessions, and joyful dance, along with other activities that deepen your connection with the local culture and enhance your overall well-being.

Conclude your retreat with dinner at the resort. Early the next morning, after breakfast, check out and depart, carrying with you the rejuvenating experiences of your stay.



# *Attapadi*

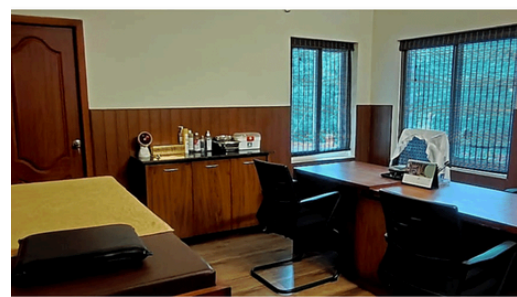
## THE RURAL VILLAGE

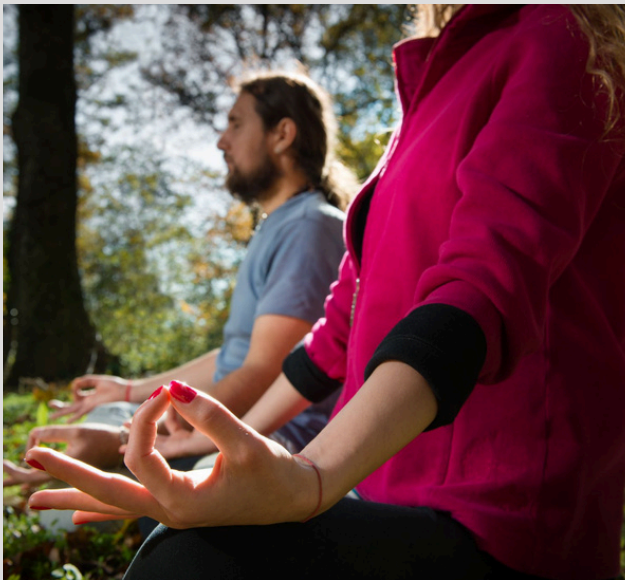
*Attapadi, located in the Western Ghats of Kerala, India, is renowned for its stunning natural beauty and rich cultural heritage. Nestled in this UNESCO World Heritage Site, the region is characterized by lush forests, rolling hills, and a diverse array of flora and fauna, making it a paradise for nature lovers and ecotourists.*

*The area is home to several indigenous communities, including the Irula, Muduga, and Kurumba tribes. These communities have maintained their traditional ways of life, including unique customs, languages, and crafts. Attapadi provides a unique opportunity to explore and appreciate the cultural heritage of these tribes.*



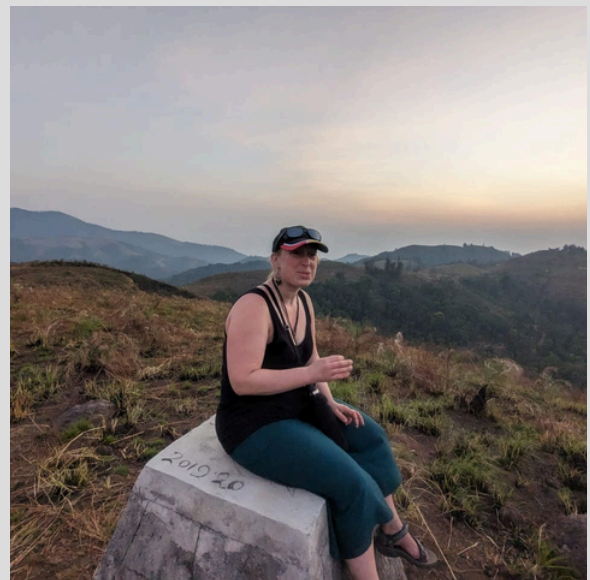
THE PROPERTY





## Facilities at the resort

Swimming pool  
Kayaking / canoeing  
Business Center  
Ayurveda Center  
Meditation Zone  
Restaurant



## Contact us



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