

Magical India: Yoga & Meditation Holiday in Kerala with Maggie & Alistair, 22-29 March 2025

Maggie O'Grady and Alistair Shearer will be collaborating to bring you a wonderful Yoga & Meditation Holiday in idyllic Kerala, South India. We stay in the friendly Neeleswar Hermitage, partially owned by Ali, in cottages, some with sea views others with views of the tropical gardens; all with en suite garden bathrooms. This holiday includes Ayurvedic treatments, delicious food, healthy drinks and lots of fun!

There will be a total of ten yoga classes, scheduled so that we have some time off to chill by the pool; walk by the seaside; and explore this wonderful region. Classes are suitable for people of all abilities as long as you have some yoga experience.

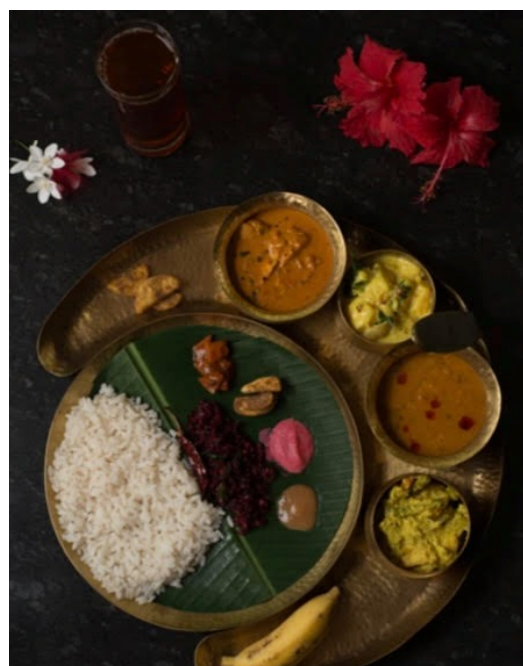
There is a full set of yoga equipment, so you can pack lightly! Our yoga classes take place in two locations. The Patanjali Yoga Hall, which overlooks the beach, is built of



wood and stone and is light, spacious and airy. It sits at the south of the site, offering fine views of the ocean while providing a settled and tranquil atmosphere lulled by the sound of the waves. Alternatively, the Garden Yoga Terrace, which also fronts the sea, is an ideal venue for out-of-doors practice nurtured by the enlivening energy of sunrise or the calm of a spectacular sunset.

The Ayurvedic food will be mostly vegetarian and specific dietary routines will be prescribed by the in-house doctor according to body type and existing imbalances. Participants will be given dietary and lifestyle recommendations that can be followed on your return home. In appropriate cases, herbal and dietary supplements to be taken at home will be recommended and participants are welcome to stay in touch with the Ayurvedic doctor even after your stay

Along with five Ayurvedic consultations, many activities are offered as part of your holiday, so that you will go home not only feeling restored and in good health; you will also have also have had many memorable cultural experiences. You may also just choose to rest, relax and rejuvenate.



Your holiday Includes:

- Arrival and Departure transfer from Mangalore/Kannur/Calicut airport
- 7 Nights accommodation in a Deluxe Cottage
- 10 Yoga classes
- Meditations morning and evening
- All meals and all Ayurvedic drinks
- 5 Ayurvedic Treatments per person
- Consultation with resident Ayurvedic doctor
- Cooking class with chef in Annapurna
- Half-day guided village walk
- Visit to see the Theyyam Ritual dance in the Local Temple or Village
- Two hours sunset cruise through the magical backwaters on Lotus Houseboat with Tea, Coffee, and snacks.
- Aarti ceremony in nearby temple.
- Farewell dinner with local classical music concert.
- All Taxes.



Not included:

- Flights
- Alcoholic beverages

Price: from £1460 per person. It works out much cheaper if you share a twin or double room (with someone you know). You can secure your place now with a £250 non-refundable deposit.



Your Hosts:

Alistair Shearer is the author of fifteen books including translations from the Sanskrit of the *Upanishads* and *The Yoga Sutras* and *The Story of Yoga*. He is a cultural historian specialising on the Indian Subcontinent, a former lecturer at SOAS, and will be offering four knowledge sessions on the history of yoga and holding space for the evening meditations as part of our holiday! Both Maggie and Alistair are teachers of Transcendental Meditation and whilst you do not have to be a 'TMer' to come on our holiday, if you are keen to learn, Ali can teach you as an 'add-on' to your holiday.

Maggie O'Grady

has an MA in

Traditions of Yoga and Meditation from SOAS and is an Iyengar yoga teacher who brings the principles of connection, alignment, extension and balance to her classes, along with an understanding of more subtle practice. She encourages her students to explore; conduct experiments; and enjoy. She will cover one of the seven main chakras on each day. The morning sessions will be more physically active and the evening sessions will be more restorative.

Contact Maggie on +447813516657 or mogrady@spaceforinsight.com

