



Amāvī Retreats
be loved

A Cultural and Wellness Journey

A 10-Day Journey Through Kerala: Merging Wellness, Nature,
Adventure & Cultural Experiences



discover

From Serene Backwaters to Majestic Peaks – A Transformational Experience Awaits!

This 10-day Kerala adventure is more than just a trip; it's a transformative experience. It seamlessly weaves together the tranquility of the backwaters, the healing touch of Ayurveda, the richness of Kerala's culture, and the exhilaration of forest adventures. Whether you're seeking relaxation, cultural immersion, or forest immersions, Kerala offers it all in one magical package. By the end of this journey, you'll leave with a deeper connection to yourself and the world around you, carrying the essence of Kerala in your heart.

Get ready to immerse yourself in a transformative journey that harmonizes wellness, adventure, and the essence of Kerala's rich heritage.

Day 1: Arrival & Sunset at Fort Kochi

Arrive at Cochin International Airport, where you will be greeted by our team and transferred to your hotel. After checking in, enjoy the rest of the day at your leisure, allowing yourself to relax and unwind after your journey. Spend the night in the Hotel / Homestay.

Day 2: Spice Trails & Cultural Wonders

Start the day with a stroll through Fort Kochi, Visit Dutch Palace, Spice Market, Jew Synagogue. Dive into the region's artistic and historical past the places of historic relevance. As dusk settles, visit the Chinese fishing net, and witness the magic of the Cultural performance including Kathakali, a mesmerizing dance-drama that brings mythological tales to life with vivid expressions and elaborate costumes. Overnight stay in Kochi.

Day 3: The Backwaters of Kumarakom

Bid farewell to Kochi as you journey to the serene village of Kumarakom. Step aboard a traditional houseboat, where time slows down, and nature unfolds around you. Glide past emerald-green paddy fields and rustic villages while savoring a flavorful Kerala-style feast prepared fresh onboard. Let the gentle rhythm of the waters lull you into a state of pure bliss. Post lunch proceed to Attapadi. Overnight stay at Spirit of the Wild Eco Village.



Glide through Kerala's serene backwaters on a traditional houseboat. Relax, savor Kerala cuisine, and soak in the tranquil views of palm-fringed canals and villages.

Spirit of the Wild Eco Village Attapadi



"The days ahead at Spirit of the Wild Eco Village promise a transformative retreat—where culture, wellness, and adventure seamlessly intertwine for an immersive experience in nature's embrace."

ATTAPADI

experience

Immerse yourself in the raw beauty of Attapadi with forest walks, village life, forest immersions, and holistic healing for a truly transformative experience.

Day 4 - Explore Attapadi - Village

Begin your day with the rejuvenating practice of early morning yoga, meditation, and breathwork, allowing the serene natural surroundings to enhance your sense of peace and balance. After breakfast, embark on a village walk, immersing yourself in the rhythms of local life. Observe traditional farming practices, engage with the warm-hearted villagers, and enjoy a freshly prepared local snack at a village home, offering a taste of authentic rural hospitality.

Continue your journey with a visit to a lush spice garden, where the air is rich with the aroma of cardamom, pepper, and other exotic spices. As the day transitions into night, witness an electrifying fire dance performance, where tribal drummers and rhythmic movements bring ancient traditions to life under the starlit sky—an unforgettable fusion of energy, culture, and storytelling.



DAY 5 - AYURVEDA

Begin your day with refreshing yoga and breathwork, followed by meditation, embracing the serenity of nature. After a personalized consultation with an Ayurvedic practitioner, indulge in therapeutic treatments designed to restore balance and relaxation. Post-lunch, dive into an Ayurvedic cookery session, uncovering the secrets of holistic wellness through food. As evening sets in, relish a flavorful Ayurvedic dinner, thoughtfully crafted to nourish and heal from within. Evening at rest.

Day 6 - Forest Immersion & Temple Visit

After a hearty breakfast, immerse yourself in the calming practice of Forest Bathing (Shinrin Yoku), allowing nature's tranquility to refresh your mind and body. Return for a delicious lunch and take time to relax at the center. As evening falls, embrace Kerala's rich traditions by dressing in traditional attire and heading to the temple to witness the enchanting Festival of Lamps, a celebration of light, devotion, and culture.

Day 7 - Sound Healing & Forest Safari

Begin your day with rejuvenating yoga and meditation, followed by a deeply relaxing sound bath that harmonizes mind and body. After a wholesome lunch, set off on an exhilarating deep jungle jeep safari, where the thrill of adventure meets the beauty of the wild—keep your eyes peeled for glimpses of Kerala's incredible forests.



**EMBRACE THE
REGION'S RICH
TRADITIONS—
PARTICIPATE IN AN
AYURVEDIC COOKERY
SESSION, SAVOR
NOURISHING MEALS,
AND EXPERIENCE THE
MESMERIZING
FESTIVAL OF LAMPS AT
A LOCAL TEMPLE**





Day 7 - River Adventure

Begin your day with refreshing yoga and meditation, embracing the serenity of nature. Then, venture to the river and waterfall for a revitalizing forest river bath, letting the cool, cascading waters rejuvenate your senses. Spend the rest of the day discovering the breathtaking viewpoints of Attapadi, experience tribal lifestyle and exploring its stunning natural wonders.

Day 8 : Art Therapy & Sufi Whirling-Tree Planting

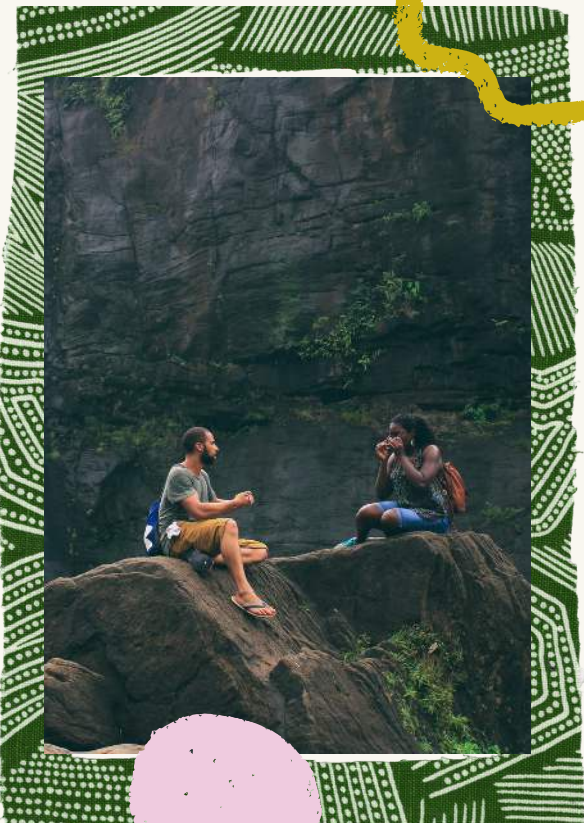
Start your day with a serene session of morning yoga and meditation, allowing the peaceful surroundings to bring harmony to your mind and body. Next, tap into your creativity with an inspiring art workshop, where you'll explore traditional and expressive forms of artistry, guided by skilled instructors.

After a wholesome lunch, take part in a meaningful tree plantation ceremony, contributing to the preservation of nature and leaving a lasting impact on the land. As night falls, immerse yourself in the mystical practice of Sufi Whirling, spinning gracefully under a starlit sky—a deeply spiritual experience that symbolizes unity, inner peace, and divine connection.

Day 10: Departure

After breakfast, proceed for departure, carrying with you the sweet memories of the retreat.

Departure from Coimbatore International Airport



What all Included



- Greet and Meet at the Airport
- Entry to Mattancherry Palace, Museum
- Culture Center for Art Forms
- Sunset Beach Fortkochi
- Houseboat Cruise with Lunch at Kumarakom
- Attapadi Spice Farm Visit
- Sound Healing Session
- Jeep Safari
- Forest Bathing
- Village Visit
- Waterfall & Nature Trails
- Daily yoga, meditation and breathwork
- Ayurveda Consultation & Treatment (1 session)
- Ayurveda Cookery Show
- Art Therapy
- Temple visit
- Tribal Dance
- Sufi Whirling
- Tree Planting
- 3 Vegetarian Meals a day with refreshments
- Accommodations at nature inspired stays in Rooms / Cottages.
- Option for twin and single accommodation
- Transportation throughout the tour in A/C coach.

What's not Included?

Visa / Air Tickets

Any extra meals

Laundry / Tips - expenses of personal nature

CONSCIOUS & RESPONSIBLE TRAVEL

We offer nature-inspired stays in our eco-friendly accommodations, designed for a true connection with the outdoors. Our budget-friendly retreats offer comfort, sustainability, and an immersive escape into the heart of nature.

Spirit of the Wild Retreat Center is a nature-inspired sanctuary nestled on a private hill in Attapadi, Kerala. Surrounded by lush forests and the serene beauty of nature, this peaceful location offers an ideal setting for healing and transformation. The accommodations are thoughtfully designed to harmonize with the natural environment, featuring rooms and cottages that emphasize a close connection to nature.



Stay info

Accommodations will be provided based on availability at the time of confirmation. We offer a range of eco-friendly and nature-inspired stays to enhance your experience.

Accommodation Options:

Kochi:

Homestays: Heavenly Home Stay / Kochi Bella Villa / Niyati - Boutique Stay , De Banyan Fort Homestay, eCASA Home Stay (or similar)

Attapadi:

Spirit of the Wild – Eco Village
Website: www.spiritofthewild.in

Each stay is carefully selected to provide authenticity, with free WiFi, comfort, and a deep connection with nature.



Amāvī Retreats

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