

7 DAYS

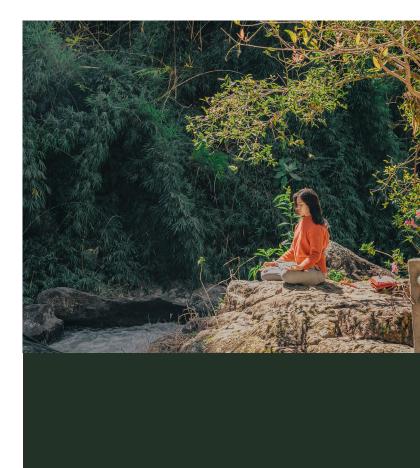
YOGA RETREAT KERALA



About Rishikul Yogshala

"Revealing wisdom and its cause"

Rishikul Yogshala is a school that's been certified by Yoga Alliance. We're here to help you discover real yoga and have meaningful experiences. Our caring teachers use ancient practices to improve your overall well-being. We also offer detailed courses for those who want to become yoga teachers. Come with us on a journey to learn more about yourself and find balance in life. Start experiencing the true heart of yoga with us today.





COURSE OVERVIEW

DATE

Date can be customized for our

Kerala Yoga Retreat

DURATION

7 Days program



WHY CHOOSE US

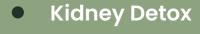
- **Authentic Yoga Traditions**
- **Certified Yoga Instructors**
- Affordable Luxury
- **Beautiful Coastal Setting**
- **Healthy and Nutritious Meals**
- **Customized Retreats**

KEY CONTENTS OF THE SYLLABUS

- Hatha Yoga
- Ashtanga Yoga
- Meditation
- Pranayama
- **Body Massage**
- Yoga Nidra
- Hatha Flow Yoga
- **Mantra Meditation**
- **Shat Kriya**
- **Detox Therapy**
- Adjustment
- Alignment



- Kundalini
- **Chakra Meditation**
- **Liver Detox**



- **Ayurvedic Consultation**
- **Ayurvedic Cooking** Classes











OUR LOCATIONS



Savithri Inn, Thiruvambadi Beach Road, Kurakanni, Varkala, Thiruvananthapuram Kerala

- 10 mins from nearest railway station
 Varkala Edava Kappil Rd,
 Vettakada, Edava, Kerala 695311
- 1 hr 22 mins from nearest airport
 Airport Rd, Chacka,
 Thiruvananthapuram,
 Kerala 695008
- 28 mins from nearest bus- stop Salem - Kochi Hwy, Kallambalam, Karavaram, Kerala 695605





The Kerala Retreat Kalakkode, Patambil, Bhoothakulam, Paravur, Kollam, Kerala

- 10 mins from nearest railway station
 Paravur, Kerala 691301
- 1 hr 30 mins from nearest airport
 Airport Rd, Chacka,
 Thiruvananthapuram,
 Kerala 695008
- 20 mins from nearest bus- stop Parippally, Kerala 691574

FEE

SHARED ROOM

\$550

PRIVATE ROOM

\$650



FACILITIES



Free Wi-Fi



24*7 Hot and Cold water supply



Pick and Drop facility



Spacious Yogshala



Travel and Touring Facilities







- +91 8433225327
- info@rishikulyogshala.org
- www.rishikulyogshala.org

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