

# 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
- Kidney Detox
- Ayurvedic Consultation
- Ayurvedic Cooking Classes
- Ayurvedic Muscular Therapy





# OUR LOCATIONS

## VARKALA



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

## PARAVUR



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



## Contact us



+91 8433225327



info@rishikulyogshala.org



www.rishikulyogshala.org

**Revealing the Wisdom & its Cause**