



## Health & Wellness Journey

**India: Delhi, Kochi, Kumarakom & Periyar**

**11 days / 9 nights**

**October 13-23, 2018** (arrival on 24<sup>th</sup>)

**\$6,399** (Based on double occupancy)

**\$1,299** (Single supplement)

Enjoy the unique culture and traditions of India while you spend time with the locals. This adventure includes a very special experience giving back to a local nonprofit.

**BOOK NOW 888.747.7501**

### India Highlights

- ✓ Enjoy an **elephant safari** in Kerala; join a chef for a hands-on **cooking lesson** to learn some traditional dishes; and explore **Old Delhi** including a visit to the Red Fort and India Gate.
- ✓ **Accompanying guest program** available on this itinerary.
- ✓ *An optional **Taj Mahal Extension** will be offered.*

### Community Connections

- ✓ Visit a **yoga ashram** and discuss with the leaders how yoga is not only incorporated into daily life, but also woven directly into the Indian culture.
- ✓ One evening you will see and learn about **Kalaripayattu**, the traditional martial art of Kerala, which is specifically used for defense and resistance.

### Educational Interaction

- ✓ Interact with health and wellness professionals from a variety of facilities such as **Apollo Hospital**, **Zorba the Buddha** (an eco-village that combines spirituality, creativity, and social welfare) and the **Kerala Ayurveda Academy**.
- ✓ Visit a **meditation center** to participate and talk to people who have been embodying a multi-decade's meditation practice. Discuss innovative strategies to adopt these ideas back home.
- ✓ **8.0-10.0 Continuing Medical Education (CME) credits** will be sought for this journey. *\*\*This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Wilderness Medical Society and Nanda Journeys. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians. \*\**

### What's Included:

- 4-5\* accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air to and from Delhi (gateway set tentatively out of NYC area)
- Local English speaking guide
- Meals as mentioned and most tips

### Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes if applicable
- Cost of your tourist visa



📍 New York Area

## DAY 1, October 13, 2018 Depart for India today

Depart from New York City/surrounding area and make your way to India. The stunning beauty and friendly people alone are worth a visit!

The bustling metropolis of **Delhi** has been invaded, destroyed, and rebuilt countless times in its 5,000-year history. Today, it is a sprawling urban center unofficially divided into two parts: Old Delhi—the classic Indian experience of colorful, crowded streets and historical monuments—and New Delhi, India's capital, a city of wide avenues and government buildings that the British began erecting in the early 1900s.

📍 Delhi, India

## DAY 2, October 14 Arrival in Delhi

Arrive in Delhi, India today. Upon arrival, the group will be met and transferred to your local hotel. Relax this evening and settle into your hotel.

The lovely 5-star **Grand Hotel** boasts modern facilities and a resort like feel with luscious greens & magnificent waterscapes in a fabulous New Delhi location. The hotel has a spa, fitness center, swimming pool and all the amenities for a comfortable stay including an in-room safe and hairdryer.

Depending on flight arrival time this evening, dinner is on your own tonight (if not provided in flight).

**Overnight: The Grand (or similar)**  
**Included meals: N/A**

📍 Delhi, India

## DAY 3, October 15 Cultural program in Delhi

**Please Note:** Breakfast is included daily.

All travelers will gather this morning with your national guide and receive further information on the program and today's activities.

This morning the group will spend an hour volunteering at **Deepalaya**. This is a wonderful opportunity to contribute to a local school in a very tangible way. We will have the opportunity to understand the educational system in India and to interact with teachers and students. The school is the largest operating non-governmental organization (NGO) in Delhi, focusing on issues affecting the development of the urban and rural poor in India, with a special focus on children. The organization was founded in 1979 and since then it has seen a continuous growth in staff, beneficiaries and fields of activities. Their main areas of influence are the urban slums of Delhi, but inroads into rural development in the states of Haryana and Uttarakhand have been made as well.

Later this morning, explore the unique and defining characteristics of **Old Delhi** on a walking tour. Learn about the impressive design of the city's 'Havelis' (private mansions), discover the significance of historical sites like the **Red Fort**, **Jama Masjid** and admire handmade crafts sold at the market in **Chandni Chowk** by walking the same paths that the locals do. You'll be genuinely immersed in the Old Delhi lifestyle.

After lunch, visit **New Delhi**, designed and built by the British in the 1920's. It's a city of wide boulevards impressive Government buildings as well as green parks and gardens. You will also visit one of the monuments from Delhi's past - **Humayun's Tomb**. Your drive takes you along the ceremonial avenue, Rajpath, past the imposing **India Gate** and **Parliament House**.

This evening, enjoy a welcome dinner with fellow travelers.

**Overnight: The Grand (or similar)**  
**Included meals: Breakfast, Lunch & Dinner**



📍 Delhi, India

### DAY 4, October 16 Professional program in Delhi

Today the professional members of the group will meet with **wellness/medical counterparts** in the morning and afternoon. Visit a state-of-the-art hospital, such as **Apollo Hospital**, that treats medical tourists from around the world. As a bonus, you will get an insider's view of the rapidly growing sector of "medical tourism" that likely some of your patients may be asking about soon, if not already.

Learn about yoga, meditation and art at **Zorba the Buddha**, one of the largest open faith spiritual centers in the world fostering creative and spiritual growth; an ever-evolving eco-village. They are home to a living piece of art in which seekers from the realms of spirituality, creativity and social welfare flourish in synchronicity.

Lunch will be provided today at a local restaurant today.

Finish up the day with a visit to an **Ayurveda center** to meet with the physicians.

The **primary objective** of this journey is to renew and get back in touch with the real reasons why you entered medicine, while simultaneously discovering fascinating health principles and techniques from the oldest healing science in the world, Ayurvedic Medicine. This wisdom, and inspiration, will empower you to come home refreshed, renewed, and better skilled to serve your patients.

#### **Guest program:**

*Accompanying guests will explore the National Gandhi Museum which has a very rich collection of original relics, books, journals and documents, photographs, audio-visual materials, exhibitions, art pieces and other memorabilia closely connected with Mahatma Gandhi, Kastur Ba and Indian Freedom Struggle. Stop for a photo opportunity to also see the Lotus and Laxmi Narayana Temples today.*

Dinner is by individual arrangement (own expense) this evening.

**Overnight: The Grand (or similar)**  
**Included meals: Breakfast & Lunch**



📍 Kochi, India

### DAY 5, October 17 Fly to Kochi (Cochin)

**Kochi** has the best natural harbor in the country and is set amidst lagoons and backwaters, with a romantic backdrop of swaying coconut palms. Traders from the West came around the 3rd century and took back spices, ivory and teak. Much later, in the 15th century, the Portuguese, Dutch, French and British came to the region in the guise of merchants, some stayed on as colonial rulers.

After arrival you will be met and transferred to your hotel for check-in. Lunch is by individual arrangement today.

This evening witness one of the most spectacular dances of India called **Kathakali**. It has a unique combination of literature, music, painting, acting and dance. The dancers wear large headdresses, and the contours of the face are extended with molded lime. It is believed that the extraordinary costumes and makeup serve to raise the dancers above the level of mere mortals, so that they may transport the audience to a world of wonders. Dinner will be provided this evening.

**Overnight: Eighth Bastion (or similar)**  
**Included meals: Breakfast & Dinner**







📍 Kochi, India

## DAY 6, October 18 Professional Program

This morning, start your day by visiting **Kerala Ayurveda Academy**. KAL has started its own Ayurvedic training center in view of propagating authentic Ayurveda. Ayurveda, yoga's sister science, is the oldest continually practiced healthcare system in the world. Kripalu makes this time-honored system accessible and relevant to contemporary life. The school offers comprehensive study and professional certifications in several specialties including yoga and health counseling. Empowering, effective, and natural healing—inspired by the wisdom of nature.

This afternoon is scheduled for a meeting with a **yoga and naturopathy expert**.

Lunch will be provided this afternoon with dinner on your own arrangements.

### **Guest program:**

*Accompanying guests will explore Kumbalangi, a lush green village of Cochin. It is undoubtedly an ideal place to experience village life in Kerala. Your tour will take you for countryside to experience variety of village activities like coir yarn processing - made from coconut fiber - Kerala's oldest industry. Learn the art of fishing net making and weaving coconut leaves, visit crab farming. The roads that lead to Kumbalangi are lined with farms and mangroves that is rich with crabs. These are natural feeding grounds for Mud crabs and red crabs. The fishermen engage in various methods of catching these.*

**Overnight: Eighth Bastion (or similar)**  
**Included meals: Breakfast & Lunch**



📍 Kumarakom, India

## DAY 7, October 19 Cultural Program & Drive to Kumarakom

This morning you will take a quick tour of Kochi, beginning with **St. Francis Church**. Located at Fort Kochi, this Protestant church was originally built by the Portuguese in 1510 AD and is believed to be the oldest church built by the Europeans in India.

A trip through the **Dutch Palace** provides a view of 17th century frescoes, court attire and other artifacts. It is also known as **Mattancherry Palace**, built by the Portuguese and presented to the Raja of Kochi in 1555 A.D. It acquired the present name after 1663 when the Dutch carried out extensions and repairs in the palace. It is interesting to note that at no time did the Portuguese or Dutch stay here. *Lunch will be by individual arrangement today.*

Explore the amazing **Chinese fishing nets** operating on principles of physics, far advanced for their times. These unique fishing nets are the only ones of its kind in India. It is believed that traders from the court of the Chinese ruler, Kublai Khan, introduced these nets to the area. We'll have some free time for shopping at the bazaar.

Lunch will be provided today with dinner on our own.

This afternoon drive to **Kumarakom**, a cluster of little islands on Vembanad Lake. Kumarakom captures the essence of Kerala in a unique and lovely setting. Conde Nast Traveller rated Kumarakom among the 25 best getaways in the world.

Check-in at the **Coconut Lagoon**, a unique and exquisite resort constructed from fragments of Keralan palaces, with beautiful carvings and brass work. The resort is set on an abandoned coconut plantation that can be reached only by boat.

The remainder of the day is free, perhaps to experience **Ayurveda Rejuvenation Therapy** (at your own expense), which includes a private consultation with an Ayurvedic Doctor and personally planned program of diet and therapies that may include a massage, steam bath and yoga.

**Overnight: Coconut Lagoon (or similar)**  
**Included meals: Breakfast & Lunch**



📍 Kumarakom, India

### DAY 8, October 20

#### Morning Free & Afternoon Exploration

This morning is yours to enjoy and relax on property. It's suggested to schedule an appointment with an **Ayurvedic doctor**. The Coconut Lagoon is a sustainable property, so you can tour the facilities to learn their efforts, learn how to husk a coconut, visit the butterfly garden, walk around the property, take a yoga class, enjoy tea/biscuits with a local, or visit the nearby village where many of the resort's staff live.

This afternoon cruise through the **Kerala backwaters** on one of the region's trademark houseboats. These traditional houseboats are built without a single nail. The planks of these shallow barges are tied together with strong ropes. On this peaceful journey observe the rituals of village life: farmers tilling fields with buffaloes, villagers washing laundry and children playing in the water.

You will also see shallow, palm-fringed lakes, Chinese fishing nets and shady canals where coir (coconut fiber), copra (dried coconut meat), and cashews are loaded into dugouts. A delicious Keralan lunch will be prepared and served on board.

Dinner will be provided this evening.

#### Overnight: Coconut Lagoon (or similar)

Included meals: Breakfast, Lunch & Dinner



📍 Periyar, India

### DAY 9, October 21

#### Drive to Periyar

After breakfast check-out from your hotel and drive to **Periyar**, known as the spice coast, a region that boasts some of the country's finest spice plantations. In route we will visit a tea factory that will give you insight into the cultivation and processing of tea. On arrival check in at your hotel.

Your hotel recreates the mood of a tribal community, thatched in elephant grass and set in a lush spice garden. The resort features a fine Ayurvedic facility, with free time to indulge in massage and treatments.

**Spice Village** is a work of nature as much as it is a lofty expression of the imagination. The resort was conceived as a village and building it was approached in the same way you would a village: local materials, native artisans, mountain spirit, and traditional wisdom in its creation. The Ayurveda center offers a range of herbal massage and therapies. In addition to treks and safaris, enjoy basketball, badminton, tennis and other brisk activities. Included is an onsite pool, giftshop, Wi-Fi and an exhibition center highlighting the local flora and fauna of the Periyar region. The cottages have modern bathrooms and interiors with a spartan elegance based on simple, natural materials and local woodcraft. No artificial, air-conditioned spaces here - just cool, naturally lit rooms and airy private porches.

Lunch will be provided this afternoon with dinner on your own arrangement at the resort.





In the evening enjoy **Kalaripayattu**, the traditional martial art of Kerala, which is specifically used for defense and resistance. This martial form of art helps to maintain body physique and releases emotional stress. It provides full relaxation, gives new energy, and improves mental awareness.

**Overnight: Spice Village (or similar)**  
**Included meals: Breakfast & Lunch**



📍 Periyar, India

### DAY 10, October 22 Cultural Immersion

This morning you'll visit nearby **spice plantations**, accompanied by an **experienced naturalist**: pepper, cardamom, cloves and cinnamon are all cultivated here; you'll learn all about the traditional, organic techniques used to prepare the spices for the kitchen. Later explore the local **Spice Markets**.

Lunch is by individual arrangement today.

This afternoon, enjoy an amazing **elephant safari**. In Kerala one can find elephants in most of the temple festivals and other functions that are attended by dignitaries. Elephants are treated as gods and absolute care is being given to elephants. With this elephant safari you can watch closely and mingle with the elephants also offers a rare opportunity to experience the safari on an elephant through a Spice Plantation where the gentle breeze refreshes one with the spice scented air.

This evening, join the chef for a hands-on **cooking session** that will introduce you to the flavors of Kerala. Learn a few traditional recipes that have a natural and wholesome goodness.

**Overnight: Spice Village (or similar)**  
**Included meals: Breakfast & Lunch**





📍 Kumarakom, India

**DAY 11, October 23**  
**Departure**

Drive to Kochi airport to fly back to Delhi early this evening. Check in for your international flight home late this evening with departure schedule after midnight.

**Overnight: N/A**  
**Included meals: Breakfast**

📍 New York Area

**DAY 12, October 24**  
**Arrival**

Arrival will be this morning back in the U.S.



## My trip to India was truly amazing

“My trip to India was truly amazing. I enjoyed our professional visits and exchanges with our Indian counterparts. We learned a lot from each other. The CANKIDS visit was especially touching. The cultural visits were more than I hoped for. I loved seeing the sights of the palaces, forts, the mosque, riding elephants, feeding monkeys, riding in a rickshaw through a busy marketplace, the craftsmen, and the food. Our guides were exceptional.”

**Dale Smith, RN, OCN**  
*Nursing Journey to India*





📍 Delhi, India

### **The Grand**

Nelson Mandela Road, Vasant  
Kunj - Phase II, New Delhi,  
Delhi 110070

**Telephone:** +91-114-766-1200

<http://www.thegrandnewdelhi.com>



📍 Kochi, India

### **The Eighth Bastion**

1/259, Napier Street, Fort  
Kochi, Kochi, Kerala 682001

**Telephone:** +91-484-221-3500

<http://www.cghearth.com/Eighth-Bastion>



📍 Kumarakom, India

### **Coconut Lagoon**

Kumarakom Kottayam, Kavanattinkara,  
Kumarakom, Kerala 686563

**Telephone:** +91-481-252-5834

<http://www.cghearth.com/coconut-lagoon>



📍 Periyar, India

### **Spice Village**

Thekkady-Kumily Road Thekkady,  
Idukki, Kerala 685509

**Telephone:** +91-481-252-5834

<http://www.cghearth.com/spice-village>

