



Guest information 2022 -23

We have been running holiday-retreats at **Kailasam Yoga** in Kerala since 2002 and our aim is to make life easy for our guest teachers and their students to relax and enjoy a tropical yoga break.

We welcome groups of up to 14 people to our little oasis amongst the coconut palms, near the Arabian Sea, between October and April each year.

We offer accommodation, breakfasts and airport pick-ups (included in the prices below) as well as organizing local trips to places of interest.

Kailasam is just a few minutes' easy stroll from the sandy Lighthouse Beach at Kovalam, where you can rent beach beds and umbrellas.

At Kailasam there are plenty of places to relax and read or snooze in the shade and there are several hotels nearby where you can use the swimming pool, beds, umbrellas and towels for a very reasonable price. Some of these are on the beach-side with sea views.

We have English-speaking staff who will help you organise rickshaws and taxis and show you where to change money etc. Our guests comment on our helpful and friendly staff, the cleanliness of our rooms and on how calm and nurturing Kailasam is – like an oasis.

Getting here

We are conveniently near to the airport - only 20 minutes' drive from Trivandrum International Airport (TRV Thiruvananthapuram) – plus you need to allow another 5 minutes to walk to the taxi. Most European guests fly via the Middle East with Emirates, Qatar, Gulf, Etihad or Oman airways. Some come via Sri Lanka or Mumbai, Bangalore or Delhi. Australians fly via Singapore.

Accommodation

KAILASAM

All rooms have en-suite facilities (showers with hot water and western WCs). All beds have mosquito nets and there are nets on all windows. Ceiling fans in all rooms. Standing fans can also be provided.

- 5 single rooms
- 2 double/twin rooms
- 1 room with a double bed, for a couple or as a **superior single**

HARI'S FLAT (Hari is our Manager)

- 2 double-bedded rooms (en-suite) – both with air-conditioning as well as ceiling fans. Both bedrooms open out onto the communal sitting room, off which is the kitchen.

This pleasant, first floor flat is about 200m from Kailasam, situated just off the path between Kailasam and the beach. It is clean, light and quiet.

The flat also has a sitting room and kitchen equipped with a fridge, kettle, gas ring and drinking water.

The flat can be used as the teacher's accommodation (some teachers share the flat with a student who is a friend or relative, whilst others put guests in these two rooms and stay themselves in one of the Kailasam Rooms.

Included for participants: Accommodation and generous breakfasts, all yoga classes, transfers from and to Trivandrum Airport. Drinking water is provided and there are tea-and-coffee-making facilities in the communal kitchen.

Not included: Flight and travel costs to Trivandrum, trips, insurance, ayurvedic massage and treatments, midday and evening meals.

Please note: We do not accept people for drop-in yoga, nor do we allow people to find their own accommodation and join in the yoga as this is not successful and is difficult for us to manage.

Please note: Our location and access on site mean that this venue is not suitable for people with walking difficulties or severe sight impairment. Please ask if unsure.

Yoga Shala

The shala is spacious and delightful - an open-sided roof space on the first floor level. It is quiet and shaded by a coconut leaf roof and natural bamboo blinds; and with lovely green surroundings. It looks out on our garden and a small coconut and tapioca field.

Yoga Equipment

The shala is fully equipped with mats, blocks, bricks, cushions, belts and bolsters. Please bring your own eye pillows if you use them. For Iyengar retreats, students may want to bring their own sticky mat and equipment.

Yoga sessions

Your teacher will advise you on the format of the retreat/holiday, time and number of yoga sessions included.

Ayurveda

We offer therapeutic ayurvedic massage and treatments on site, which are a great complement to yoga and will help guests feel vibrantly healthy and well.

We aim to have both a male and a female therapist.

We also use the services of an excellent Ayurvedic doctor, Dr Anand, who is based in Trivandrum. Depending on availability, Dr Anand will visit Kailasam to give individual consultations. Guests pay the doctor directly in rupees.

Dr Anand can tell you your Ayurvedic constitution and diagnose imbalances in energies of the body which may be causing dis-ease. He can also prescribe special Ayurvedic packages and natural medicines for each guest. He has worked in the UK and has a good knowledge of allopathic medicines and methods.

Food and catering

Our breakfasts are very much appreciated: We provide a generous, western-style healthy breakfast after morning class, and we serve a special Kerala breakfast on two days. On those days we'll also provide fresh fruit salad, yoghurt, and - for anyone not keen on Indian breakfast - wholemeal toast and eggs.

Kovalam is a friendly and relaxed place with many good and reasonably-priced restaurants and cafes for lunch and dinner within very easy walking distance. Guests can either eat in groups or on their own. There are both seafood and vegetarian restaurants. Chicken (plus some red meat) is available in non-veg restaurants. It is easy to find vegan and gluten-free options.

It's also possible for your group to eat together - you may need to pre-book or pre-order in some restaurants at the busier times (January and February).

Travel insurance

It is your responsibility to ensure that you have full travel insurance to include cancellation, medical care and other eventualities. We will not be responsible if anyone fails to do this.

Trips and day's out

We arrange trips for guests on their days-off or between yoga classes. We see this as a service and do not charge commission for trips – only passing on the taxi/rickshaw driver's costs.

WiFi

There is free Wi-Fi throughout the whole of Kailasam and at Hari's house for guests' use.

Drinking water and hot drinks

Guests can help themselves to teas, real coffee and other hot drinks at any time during their stay – and we have a fridge exclusively for guests' use. Drinking water is complimentary.

Visas

Visas are required for most nationalities to visit India. Please check the appropriate website for your country. Please check out this website for e-tourist visas: <https://indianvisaonline.gov.in/visa/tvoa.html>

Our address

Website <https://www.kailasamyoga.co.uk>

Diana Shipp – owner diana@kailasamyoga.co.uk

Hari Kuttan – manager WhatsApp +91 984730232

Kailasam Yoga & Ayurveda Holidays, Kovalam, Kerala

Tel India 0091 9895641682

UK 07935 781995 and 01362 683616

Postal address: Kailasam, Avaduthura, Vizhinjam P.O., Trivdandrum, Kerala, 695521, South India