

how about
its **ayurvedic**
secrets? 



For millennia, Kerala has been a centre of Ayurvedic wisdom, a place where the science and philosophy have been passed down from the legendary eight families of healers – the Ashta Vaidyas.

Their closely guarded secrets can now be yours.

Presenting **Ayurbodha** – a unique opportunity to learn the secrets of Ayurveda from the state's finest professionals; experience the bliss and beauty of Kerala and return home with not just great memories but also a certificate.
Interested? Read on.

ayurbodha
an enlightening vacation

The course fee will be 100\$ per day,
with complimentary accommodation and breakfast*



International Marketing Division, **Mob:** +91 94470 29381
Kerala Tourism Development Corporation Limited.
Mascot Square, Thiruvananthapuram - 695 033. Kerala.
Phone: +91-471-2316736, 2725213
Fax: +91-471-2721254
E-mail: centralreservations@ktdc.com

*Exclusive of local taxes. Prices are subject to periodic revision.

Maitri.com

what's
more precious
than **kerala's**
spices? 



Kerala Tourism Development Corporation Limited

SO

what exactly
are these
secrets?



We'll distil five thousand years of learning into 15 leisurely days – beginning with an introduction to the science and moving on to its intricacies.

You'll learn which Ayurvedic practices can keep you young, and you'll learn home remedies and the diet regimens that'll keep you healthy. You'll understand how to manage pain and discover Marmam, the secrets of pressure points. There will be sessions on the Panchakarma treatments, and the history and use of medicinal plants.

We'll say no more here – we've found that the journey of discovery will only heighten the experience.

Of course, there's more to the course than just the certificate at the end – the most exciting part is choosing where you'll study.

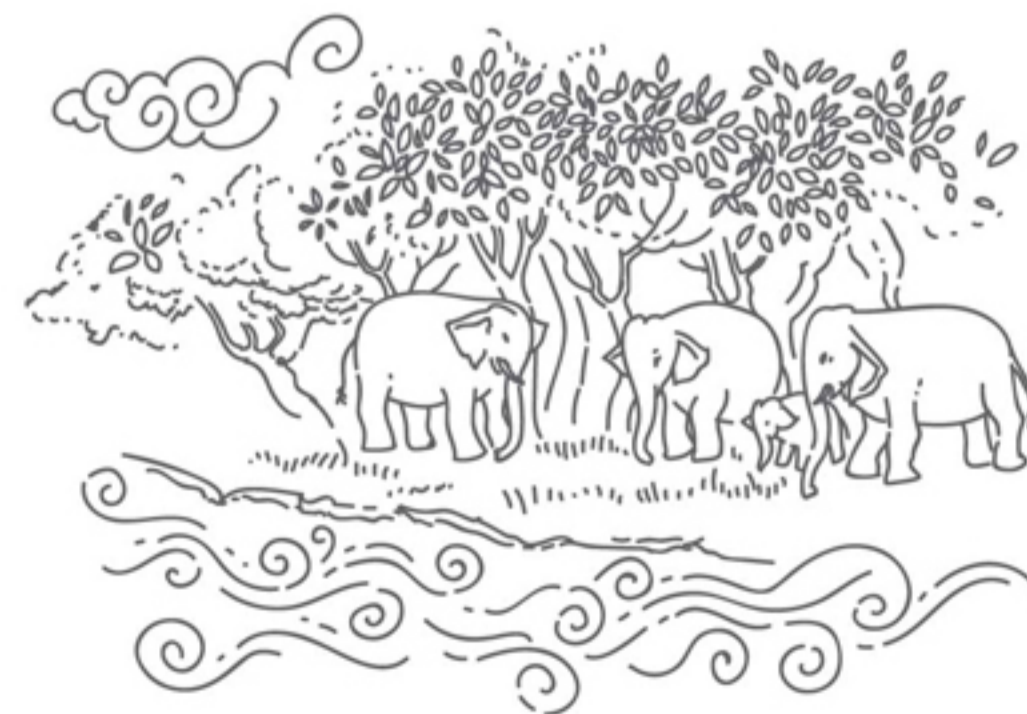
where would you like to be enlightened?

the **COVE** where the
waves sing



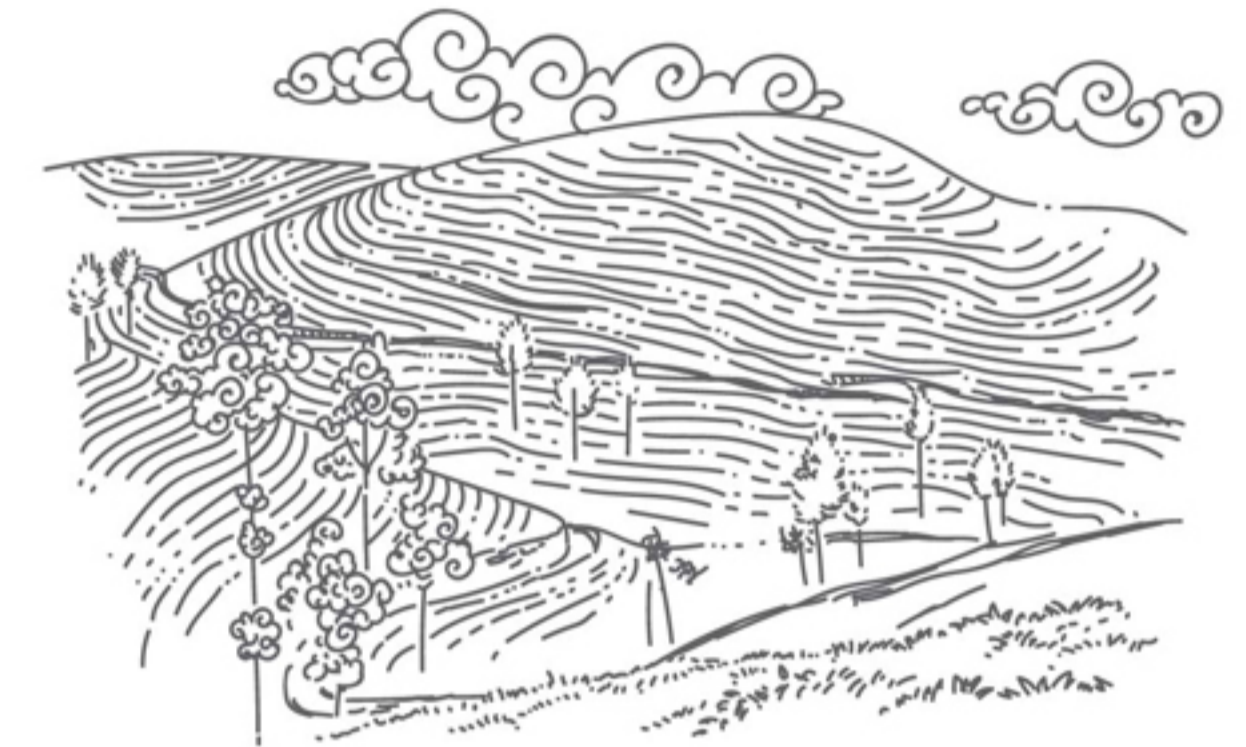
Capture the essence of Ayurveda along with the sun, the sand and the sea at Samudra, a beach resort located amidst three stunningly beautiful, palm-fringed coves in the resort town of Kovalam. Be inspired by the sight of swaying palms and let the deep blue sea rejuvenate you.

the **forest** where
time stands still



Aranya Nivas, Thekkady, is a haven for wildlife enthusiasts and adventure lovers. This gorgeous jungle lodge located inside the Periyar Wildlife Sanctuary is the perfect place to meditate on ancient mysteries and indulge in a little eco-tourism by the tranquil waters of the Periyar Lake.

the magical
plantations



Originally a heritage colonial tea estate bungalow, Tea County, Munnar was converted into a traveller's paradise. Its picturesque surroundings and the heady aroma of the spices ripening on the slopes may just tempt you to extend your Ayurvedic studies.

the **island** of
surprises



It's surprising how an island of calm can be set in the middle of a bustling city like Kochi. The Bolgatty Island Resort is full of such surprises. It houses the largest Dutch palace outside the Netherlands and offers guests a golf course and daily Kathakali performances in addition to teaching you about Ayurveda.