

Quick Refresh in India

13 Days / 12 Nights or 9 Days / 8 Nights



DISCOVER
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Ayurveda Center



Houseboat on backwaters

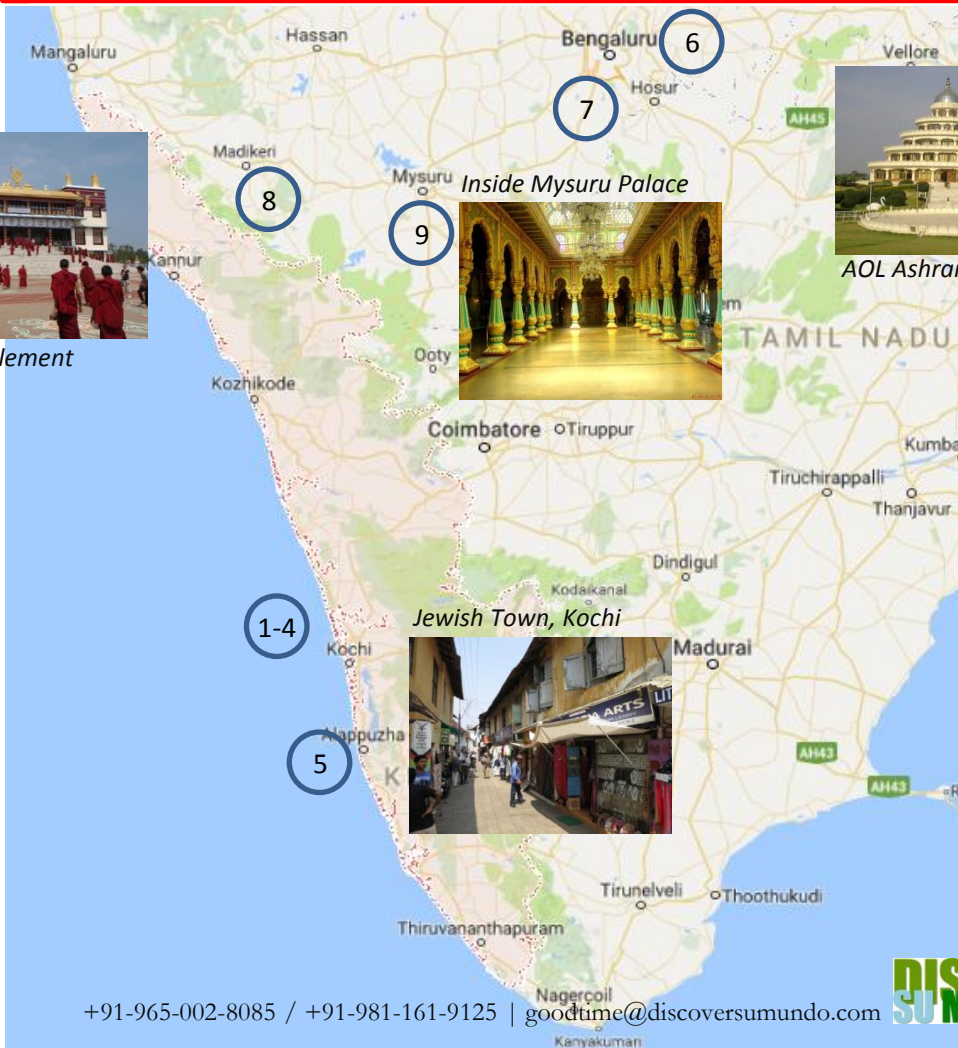


Itinerary Snapshot:

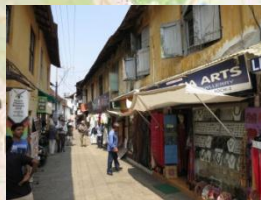
Day 1	Arrive at Kochi	4 nights at Kochi
Day 2, 3, 4	At Ayurveda Center / around Kochi	
Day 5	Drive to Alappuzha	1 night in the houseboat
Day 6	To Kochi airport and Bengaluru	1 night at Bengaluru
Day 7	To Art Of Living & Ayurveda Centers	1 night in the ashram
Day 8	To Tibetan Center & Mysuru Palace	1 night at Mysuru
Day 9	Drive to Bengaluru airport	1 night at Delhi / to MX
ADD-ON Day 10	Around Delhi and to Agra	1 night at Agra
Day 11	Around Taj, Fort, to Jaipur	2 nights at Jaipur
Day 12	Around Jaipur, Pushkar	
Day 13	Return to Delhi	1 night at Delhi / to MX



Tibetan Settlement



AOL Ashram



Jewish Town, Kochi



DAY 1– Arrive at Kochi

Depending on the time of arrival of various guests, accommodation will be available and guests would check in and relax. A tour to familiarize with the city would be arranged for guests arriving before 2 pm. The evening will be for coffee and conversations with the Indian ayurvedic and massage experts.

DAY 2-4– At Ayurvedic Center and around Kochi

Depending on the team's specific interests and objectives, two and a half days will be set aside to observe and experience techniques etc and half a day would be for a city tour around the Jewish town, spice market, antique bazaar, churches etc., followed by the amazing taste of Kerala seafood cuisine! *[Please advise us about the team's specific interests and objectives – IMPORTANT]*

DAY 5– Drive to Alappuzha

Alappuzha or Allepy, is most famous for its winding backwaters and the houseboats that cruise on them. We propose a night in the houseboats (about 12 people in each) as it creates a lifetime memory. Guests will enjoy amazing views of flora and fauna as they drift over the calm, serene, silent waters and experience peace unbound.

DAY 6– To Kochi airport and Bengaluru

Kochi is 2 hour drive from Allepy, and from there we take a 1 hour flight to Bengaluru. The Bengaluru airport is about an hour north of the city and the Art Of Living Center is an hour south of it. Therefore we propose to spend the night in Bengaluru and partake of its active night life and “city-ness”. Bengaluru is the software and new-age industry capital of India.

DAY 7 – To Art Of Living & Ayurveda Centers

Art Of Living is a global spiritual organization run by Sri Sri Ravi Shankar and a great place to meditate and heal. They have their own ayurvedic hospital and a beautiful campus. Please read more here: www.happinessretreat.org We propose to spend a night, attend the morning sermon and head out on a 3 hour drive to Bylakuppe which is a Tibetan township.

DAY 8 – To Tibetan Center & Mysuru Palace

Tibetans have a unique form of ayurvedic / natural medicine and there is a large hospital 2 hours drive from Mysuru. We propose to expose the team to the doctors there and perhaps organize a talk on Tibetan massage if the group is interested. There is no massage center in Bylakuppe but we can request an expert to fly down from Delhi and address the group if they're interested.

[Please let us know at least 6 months in advance – IMPORTANT]



On the return we tour around Mysuru stopping especially at the Mysore Palace, an extraordinary construction that blends various styles of eastern and western architecture and artifacts. Savor a unique sound & light show followed by an exotic south Indian cuisine.

DAY 9 – Drive to Bengaluru airport

Having spent the previous night midway in Mysuru, we start early to reach Bengaluru airport (4 hours). People wishing to return directly from Bengaluru can book night flights back to Mexico. Others will take a 3 hour flight to Delhi where they spend the night and prepare for the 'Golden Triangle' visit the next day.

DAY 10 – Around Delhi and to Agra

Delhi is India's capital where remnants of the British rule, and multiple kingdoms prior to that, speak of a rich history and culture. Driving around, we will stop at the uniquely built Bahai temple with its meditation dome and at Akshardham temple with exotic sculpture. We will also sample mouthwatering 'kebabs' for lunch before starting on a 4 hour drive to Agra.



DAY 11 – Around Taj, Fort, to Jaipur

The Golden Triangle covers the historic Mughal city of Agra, home to the Taj Mahal, best seen at sunrise, and the Agra Fort and Fatehpur Sikri, which also have spellbinding stories to tell. Seeing these, we move to Jaipur, 4 hours away, which is a 'pink city', the gateway to Rajasthan.

DAY 12 – Around Jaipur, Pushkar

Jaipur is home to palaces, forts, pioneering observatories and 2 hours away is a town called Pushkar, which is by far the best place to shop for mementos from India. The true vibrance of the colors and culture of Rajasthan is evidenced in the market, as also some of India's most prominent hindu and muslim places of worship.

DAY 13 – Return to Delhi

We drive back 5 hours from Jaipur to catch a flight back to Mexico the same night... or spend overnight in Delhi and leave the next day (safer option; allows more time for Jaipur also).