

DIVAS SOJOURN

• TRAVEL • DISCOVER • FRIENDS

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9990022835 | 9971447722



YOGA BY THE BACKWATERS

(Wellness Retreat in Kerala)

15th - 20th SEPTEMBER **05 NIGHTS / 06 DAYS**

SPECIAL ATTRACTIONS

- Daily Yoga & Meditation Sessions
- Breathwork & Mindfulness Practices
- Interactive Kerala Cooking Experience
- Sunset Backwater Boat Ride
- Alleppey Local Sightseeing Excursion
- Guided Village Walk Experience
- Pool-Based Relaxation Session
- Meditative Dining Experience
- Kalari (Traditional Kerala Martial Art) Experience
- Cultural Immersion Experience
- Sunset Meditation by the Backwaters
- Wellness & Self-Care Workshops
- Authentic Kerala Backwater Experience

DIVAS SOJOURN - *We Create Memories*



MEET YOUR FACILITATOR

RENOWNED YOGA MASTER – SHIVAANI SHASHI

Yoga has been part of Shivaani's life since childhood. Today, she teaches with a simple belief: yoga is not about becoming someone else. It is about learning to meet yourself where you are. With over 1,200 hours of teaching experience within yoga teacher training programmes and more than 800 hours of formal study across Ashtanga, Vinyasa, Rocket, Yin, and Prenatal Yoga, Shivaani brings both depth and accessibility to her teaching. She is also an ACE-certified Personal Trainer and believes that sustainable wellbeing is built through consistent, practical habits rather than perfection. Her classes blend movement, breathwork, meditation, philosophy, and humour. She is known for making yoga approachable, relevant, and grounded in everyday life. Rather than focusing on performance or flexibility, Shivaani's teaching invites students to explore awareness, resilience, curiosity, and the many ways yoga can support modern living. During this retreat, she will guide participants through practices that extend beyond the yoga mat and into the simple moments that make up a meaningful life.

INSTAGRAM: @shivaanishashi

SKETCH ITINERARY

DAY	DATE	LOCATION
1	15 Sep 2026	Arrival At Vedic Village Alleppey
2	16 Sep 2026	Finding Your Rhythm
3	17 Sep 2026	The Backwaters & The Table
4	18 Sep 2026	Village Life & Island Living
5	19 Sep 2026	Strength, Presence & Tradition
6	20 Sep 2026	Departure

ACCOMODATION

DESTINATION	HOTEL 5 STAR	NIGHTS
Alleppey	Vedic Village / Similar	05

TOUR PACKAGE

~~₹ 80,000/-~~ PER PERSON

EARLY BIRD DISCOUNT FOR FIRST 3 SLOTS

₹ 77,000/- PER PERSON

Memories that last forever & rewards that keep giving ✨ Get **800*** Reward Points after the tour completion 🐰🌍

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CANCELLATION POLICIES

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FINANCIAL DETAILS	
Company	Divas Sojourn
Account No.	034061900001631
Bank Name	Yes Bank
IFSC Code	Yesb0000340
Gpay/Paytm/Phone Pay	9990022835
UPI ID	pooja243273-1@okicici9990022835@ptyes

PAYMENT CONDITIONS

50% at time of booking and remaining balance 15 days prior to arrival.

INCLUSIONS

- Accommodation at Vedic Village Alleppey on Double Occupancy Basis
- Daily Yoga Sessions with Expert Facilitator
- Daily Meditation & Breathwork Sessions
- Morning Wellness Rituals & Mindfulness Practices
- Interactive Kerala Cooking Experience
- Sunset Backwater Boat Ride
- Local Sightseeing Excursion
- Guided Village Walk Experience
- Pool-Based Movement & Relaxation Session
- Meditative Dining Experience
- Kalari (Traditional Kerala Martial Art) Cultural Experience
- Wellness Workshops & Reflection Sessions
- Meals throughout the Retreat (Breakfast, Lunch & Dinner)
- Retreat Materials
- One-Time Group Airport/Station Pick-up & Drop-off Transfers

- Wellness Practitioner Charges Included
- All Applicable Taxes
- Divas Sojourn Tour Leader.

EXCLUSIONS

- Air, Train or Bus fare from/to your originating city of stay.
- Any additional food other than the specified.
- Any other meal.
- Guide charges, where ever applicable.
- Any cost arising due to natural calamities like, landslides, road blockage.
- Political disturbances (strikes), etc. (To be borne by the client which is
- Directly payable on the spot).
- Any increase in taxes or fuel price, leading to increase in cost on surface
- Transportation & land arrangements, which may come into effect prior to Departure.
- Anything not specifically mentioned under the “Package Includes”
- Section.

PLEASE NOTE: This itinerary is for reference only final itinerary will be shared prior to departure as per the latest circumstance of the Tourist place and new rules implemented by the Local Authorities if applicable.



DETAILED ITINERARY

DAY 1: 15 SEP (TUESDAY) ARRIVAL AT VEDIC VILLAGE ALLEPPEY

Arrival and check-in at Vedic Village Alleppey. As the afternoon settles, we gather for introductions and welcome tea, followed by an Introduction Circle and a Relaxing Guided Meditation Session designed to release the fatigue of travel and gently ease into the retreat experience. Surrounded by the serene backwaters of Kerala, this peaceful beginning sets the tone for the days ahead. The evening concludes with a wholesome dinner and relaxation practice.

STAY: VEDIC VILLAGE ALLEPPEY/SIMILAR

MEAL: DINNER

DAY 02: 16 SEP (WEDNESDAY) FINDING YOUR RHYTHM

Our first full day begins with yoga overlooking the landscape that surrounds us. Through movement, breathwork, and conversation, we explore simple practices that support energy, balance, and wellbeing in daily life. The afternoon offers time by the pool and an opportunity to experience movement and relaxation in water before gathering again for meditation and reflection.

STAY: VEDIC VILLAGE ALLEPPEY /SIMILAR

MEAL: BREAKFAST, LUNCH & DINNER



DAY 03: 17 SEP (THURSDAY) THE BACKWATERS & THE TABLE

This day is devoted to experiencing Kerala through its food, culture, and landscape. After the morning yoga and meditation session, we come together for an interactive Kerala cooking experience that explores local flavours and mindful preparation. The afternoon includes an Alleppey sightseeing excursion, offering a glimpse into the region's unique backwater charm and cultural heritage. Later, return for a scenic sunset boat ride through the backwaters. The day concludes with a meditative dining experience and a shared dinner.

STAY: VEDIC VILLAGE ALLEPPEY /SIMILAR

MEAL: BREAKFAST, LUNCH & DINNER

DAY 04: 18 SEP (FRIDAY) VILLAGE LIFE & ISLAND LIVING

Today is dedicated to experiencing the rhythms that shape life beyond the resort. Following a morning yoga practice and breakfast, we set out on a guided village walk through the surrounding area. Moving at an unhurried pace, we explore the pathways, waterways, coconut groves, local homes, and everyday scenes that make this part of Kerala unique. Rather than sightseeing, the invitation is simply to observe. To notice the details of daily life, the relationship between people and the water, and the slower rhythms that continue to shape the village landscape. After returning to Vedic Village for lunch, the afternoon is left intentionally open. Spend time by the pool, enjoy a quiet corner with a book, journal beneath the

palms, or simply watch the backwaters move through the day. As evening approaches, we gather for a guided sunset meditation by the backwater, followed by tea, conversation, and reflection. The evening remains intentionally unstructured, allowing space to absorb the experiences of the day.

STAY: VEDIC VILLAGE ALLEPPEY /SIMILAR

MEAL: BREAKFAST, LUNCH & DINNER

DAY 05: 19 SEP (SATURDAY) STRENGTH, PRESENCE & TRADITION

Morning begins with yoga, breathwork, and a practical introduction to yogic cleansing practices. As the day unfolds, we explore meditation techniques that can be integrated into everyday life. In the evening, we experience Kalari, Kerala's traditional martial art, offering insight into discipline, awareness, and embodied movement. As the sun sets, we gather for reflection and conversation.

STAY: VEDIC VILLAGE ALLEPPEY /SIMILAR

MEAL: BREAKFAST, LUNCH & DINNER

DAY 06: 20 SEP (SUNDAY) DEPARTURE

Enjoy a final yoga and meditation session focused on creating sustainable wellness practices that can continue beyond the retreat. The retreat concludes with a closing circle, shared reflections and farewell before departure transfers..

MEAL: BREAKFAST

PLEASE NOTE: As this is a group departure, we kindly request you not to book any air or train tickets without prior consultation with our team. Final travel timings and coordination details will be communicated to ensure a smooth and synchronized journey for all travellers.

TOUR ENDS BUT SWEET MEMORIES ALWAYS REMAINS