

### Accommodation



Accommodation is of a high standard, there are ceiling fans and mosquito nets on the windows.

Because we are so close to the sea we also get the cooling sea breezes

You are welcome to use the kitchen to make hot drinks or to chill drinking water or soft drinks.

There is an indoor lounge area for relaxing as well as outside spaces. All bedrooms are en-suite.

NB: This holiday is not suitable for anybody with mobility issues

### Flights and Transfers

You will need a flight to Trivandrum, book as early as possible to get the best prices. If you have questions phone the Free Spirit office. We will meet you at Trivandrum airport and transfer you to Palm Tree Yoga Centre which is 30 minutes away

#### Cost (not including flight)

Shared place in standard twin room - £795

Single room - £995

Standard room with sea view add £50 per room

Pavilion supplement add £100 per room

**Included:** yoga as scheduled , accommodation, breakfast, 8 dinners (4 each week), airport transfers.

**Not included:** flight, and insurance. Food and drinks other than those specified. Optional excursions. Massages and Ayurvedic treatments



To reserve your place, or for more information, please contact  
the Free Spirit Travel office:-  
01273-564230 email: [info@freespирityoga.co.uk](mailto:info@freespирityoga.co.uk)

## Iyengar Yoga led by Lucy Aldridge



### Palm Tree Yoga Centre' Kovalam, India

21st February - 6th March 2021  
13 nights from £795.00 (plus flight)







## Iyengar Yoga with Lucy Aldridge

Lucy has had over 20 years experience of teaching Iyengar yoga (qualifying in 1997) and now holds a senior level 2 certificate.

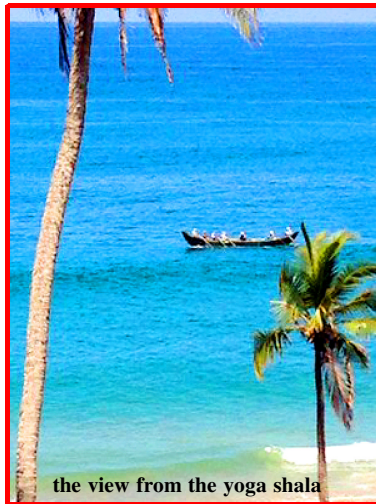
As Lucy has matured (in age), keeping a sense of fun and play, she's enjoyed exploring the relationship between body, breath and mind.

Lucy travels to Pune on a regular basis to deepen her connection with the Iyengar yoga method.

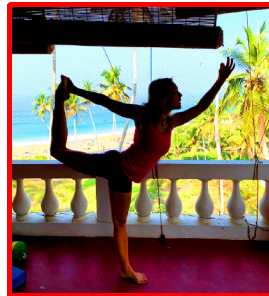
## The Yoga

During the course of the holiday we will explore the practice and aspects of yoga within one's own unique capability.

*"As children we learn through a sense of play, adults take learning more seriously. Allowing balance between the 2 aspects of learning has enabled me to bring a sense of thoughtful fun into my classes and own yoga practice"*



the view from the yoga shala



**Palm Tree Yoga Centre** overlooks the beach in a peaceful bay, yet is only a fifteen minute stroll or a short rickshaw ride from the shops and restaurants of Kovalam Village.

Our yoga studio is on the roof so that we can practice with the India Ocean in our sights. It is fully equipped so there is no need to bring equipment from the UK.



**Accommodation** is spread over three houses arranged in a triangle. They are all very similar and each have wifi, a lounge area and a kitchen for the guests' use.

**Food:** Each day after your morning yoga class a delicious breakfast will be served. On scheduled evenings each week dinner will be provided.. Kerala has great vegetarian cuisine so on our other evenings we will explore the many restaurants of Kovalam and perhaps add in a little evening shopping.

**Massages:** Ayurvedic treatments and massages are available on site. There are also many massage and beauty parlours in the local area providing treatments.

**Swimming:** The sea in this area can be quite vigorous and have a strong under-tow so we recommend you swim at Leela Beach where the sea is usually calm. You can also swim in the swimming pools at the nearby hotels for a small daily fee.

**Excursions:** We can help you arrange excursions to the famous Keralan backwaters and also to visit wild life parks. Lots of guests like to go and help wash the baby elephants at the elephant sanctuary. Cookery classes are also available.

