



**AYURVEDA  
in  
Marari Beach Resort  
and  
Coconut Lagoon  
Kerala India**

**Mystic-Asia is privileged to present Dr Dinesh Sharma, a senior Ayurvedacharya from Rishikesh, in the heart of God's own country, Kerala, India.**

**Mala Barua of Mystic-Asia and Dr Sharma have creatively combined spiritual learning, five star accommodation and an ethnic ambience to discover the luxury of true wellness in the magical setting of the beaches and backwaters of Kerala.**

# AYURVEDA

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Ayurveda is the oldest and most comprehensive healing modality on the planet. It originated in India thousands of years ago (evidence reveals it could be almost 6000 years old) and is considered more than just a medical system. It is a science of life (Ayur=life and Veda=science). Just as animals and plants live in harmony with nature, the healing system of Ayurveda helps to bring us back into equilibrium with our true selves by simply using the inherent principles of nature.

Our programme is designed to give beginners a complete and comprehensive introduction to the principles of Ayurveda, in a setting that could only pamper your every sense. Dr Sharma will teach the theory of Ayurveda as well as diagnose your body type and explain the relevant emotional issues that go with it. He will recommend appropriate treatments which you can enjoy in the elegant spa rooms. We are confident you will return with a comprehensive knowledge of how to balance your daily living the Ayurvedic way. This is a great experience of learning about yourself and your health as well as how to live a balanced life going forward.

The teachings will be supported by a series of Ayurvedic massages and calming meditations.

## VENUE

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Both hotels we have chosen belong to Hotel Group CGH Earth, which is committed to ecotourism. They claim Nature is their Chief Architect.

**Marari Beach Hotel-** A sprawling beach resort in Kerala is modeled on a local fishing village. Charming suites, villas and rooms with a white sandy beach to while away your afternoons.

**Coconut Lagoon-** Set in the heart of the backwaters, this resort is unique in its location. The property has a crisscross of canals around it and old feudal village mansions have been transplanted to give it its indigenous flavour. Situated on the edge of Vembanad Lake it is very picturesque. Coconut Lagoon is well known for its South Indian sea food specialities and you can even have cooking lessons to go with it!

[Www.cghearth.com](http://www.cghearth.com)

## DR DINESH SHARMA



Coming from a third generation of well known Ayurvedic practitioners and Vedic tradition in Rishikesh, Dr Dinesh Sharma is an Ayurvedacharya ( Ayurvedic physician) with distinctions from Maharishi Dayanand University, one of the oldest Ayurvedic Institutions in India. He constantly travels to teach and visit patients in 27 different countries. He has been initiated in the lineage of great Himalayan Masters from the Himalayan Yoga and Meditation tradition founded by Swami Rama and Swami Ved Bharati. He is the Vice-president, International Coordination of the Association of Himalayan Yoga Societies International.

## MALA BARUA



Mala Barua is the founder of Mystic-Asia and a teacher of Inner Silence Meditation. She also teaches Dhyana (Mindful Yoga) and Tai Chi which she learnt during her years in Singapore and Hong Kong. Dedicated to bringing the rich spiritual heritage of her beloved country to the modern world she combines luxury travel with wellness and holistic teachings to enhance the travellers outer journey with inner wisdom. Her own journey is under the guidance of Swami Anubhavananda, a teacher of Vedanta. She is also a freelance travel writer for Vogue India, Travel+Leisure, Asia spa and Condénast Traveller etc.  
[www.mystic-asia.in](http://www.mystic-asia.in)

## ITINERARY

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### Day 1

Arrival in Cochin and transfer to Marari Beach Resort, which is an hours drive from the airport. Depending on your arrival time you may be able to enjoy the facilities of the resort during the afternoon.

7pm. Mala Barua and Dr Sharma will give a small brief on the programme and orientation on the logistics.

8pm Dinner



### Day 2

7.30am –8.15am Yoga

9am- Breakfast

10am-12noon- Teaching by Dr Dinesh Sharma on the subject of “WHY WE ARE ALL DIFFERENT”

1pm – 4.30pm- Time available for lunch and rest

5pm – 7pm - Time available for swimming, spa treatments, walks or boat rides

7pm -8pm – Yoga Nidra Meditation

8.30pm- Dinner



### **Day 3**

7.30am –8.15am Yoga

9am- Breakfast

10am-12noon- Teaching by Dr Dinesh Sharma on the subject of “UNDERSTANDING YOUR BODY TYPE”

1pm – 4.30pm- Time available for lunch and rest

5pm – 7pm - Time available for swimming, spa treatments, walks or boat rides

7pm -8pm – Yoga Nidra Meditation

8.30pm- Dinner

### **Day 4**

7.30am –8.15am Yoga

9am- Breakfast

10am-12noon- Teaching by Dr Dinesh Sharma on the subject of “THE RIGHT FOOD FOR YOUR BODY TYPE”

1pm – Lunch and leave for Coconut Lagoon

5pm – 7pm - Time available for sight seeing trips

7pm -8pm – Yoga Nidra Meditation

8.30pm- Dinner

### **Day 5**

7.30am –8.15am Yoga

9am- Breakfast

10am-12noon- Teaching by Dr Dinesh Sharma on the subject of “HOW TO AVOID ILLNESS AND REMAIN BALANCED AND HEALTHY AND LET YOUR AMBITIONS AND DESIRES NOT RUIN YOUR LIFE ”

1pm – 4.30pm- Time available for lunch and rest

5pm – 7pm - Time available for swimming, spa treatments, walks or boat rides

7pm -8pm – Tratak Meditation

8.30pm- Dinner

### **Day 6**

7.30am –8.15am Yoga

9am- Breakfast

10am-12noon- Teaching by Dr Dinesh Sharma on the subject of “BECOMING YOUR OWN MASTER”

1pm – 4.30pm- Time available for lunch and rest in SILENCE

5pm – 7pm - Time available for swimming, spa treatments, walks or boat rides in SILENCE

7pm -8pm – Breaking SILENCE through chanting

8.30pm- Dinner

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Day 7

7.30am –8.15am Yoga

9am- Breakfast

Day is free for travel and packing up

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Several optional activities are available at extra cost at both the resorts :

Sunset Cruise in the backwater canals

Overnight stay in a houseboat

Afternoon visit to Ma Aritanandmayi Ashram

Kalaripayattu (martial arts) practice

Yoga and meditation

Cooking demonstrations

**TOUR ENDS**

For bookings contact [mysticasia.in@gmail.com](mailto:mysticasia.in@gmail.com) or call +91 9811086976