

A green rectangular box with a black border. On the left side, there is a green illustration of a plant with long, pointed leaves. The text 'Mothers' Getaway' is centered in the box in a bold, black, sans-serif font.

Mothers' Getaway

Kids finally in school and back to their daily routine? Need some downtime (away from the kids) to relax and indulge? Looking for a getaway with the girls? Pamper yourself with some Ayurveda massages, yoga classes and chilled coconuts.

Enjoy a short and sweet wellness (Ayurveda) getaway!

Day 0

Arrival. Option to explore or relax.

Day 1

Spend the day cruising the Kerala backwaters and enjoy an overnight stay in the relaxing houseboat. Lunch, afternoon snacks and dinner will be served on board.

Day 2

Enjoy a canoe paddle along Kerala's narrower canals. Later, stop for lunch by the banks of Ashtamudi lake and soak in the verdant greenery. Then, visit a cashew processing factory to see the processing of one of Kerala's main exports. Finally, to relax, enjoy an Ayurveda massage and Yoga session. For dinner, enjoy an Ayurveda vegetarian meal as prescribed by the Ayurveda Vaidya (practitioner).

Day 3

Start the day with Yoga. Then enjoy a cooking class where you learn to cook tasty, traditional Kerala dishes. After lunch, relax and enjoy a yoga session, and an Ayurveda massage followed by a vegetarian dinner.

Day 4

Start with yoga, followed by a cultural tour starting with visiting a local temple. Then see an early morning session of Kerala's ancient martial arts, Kalari. Next, tour the Travancore Maharaja's palace and later enjoy lunch at a refurbished palace. After lunch, do some souvenir shopping. To end the day, a Yoga & Ayurveda session and a vegetarian dinner.

Day 5

After yoga, kick back and relax with more Ayurveda massages and afternoon yoga. Then, after a relaxed dinner, we will see you off at the airport.