

South Kerala Itinerary



Dec 30 – Jan 14, 2025/26

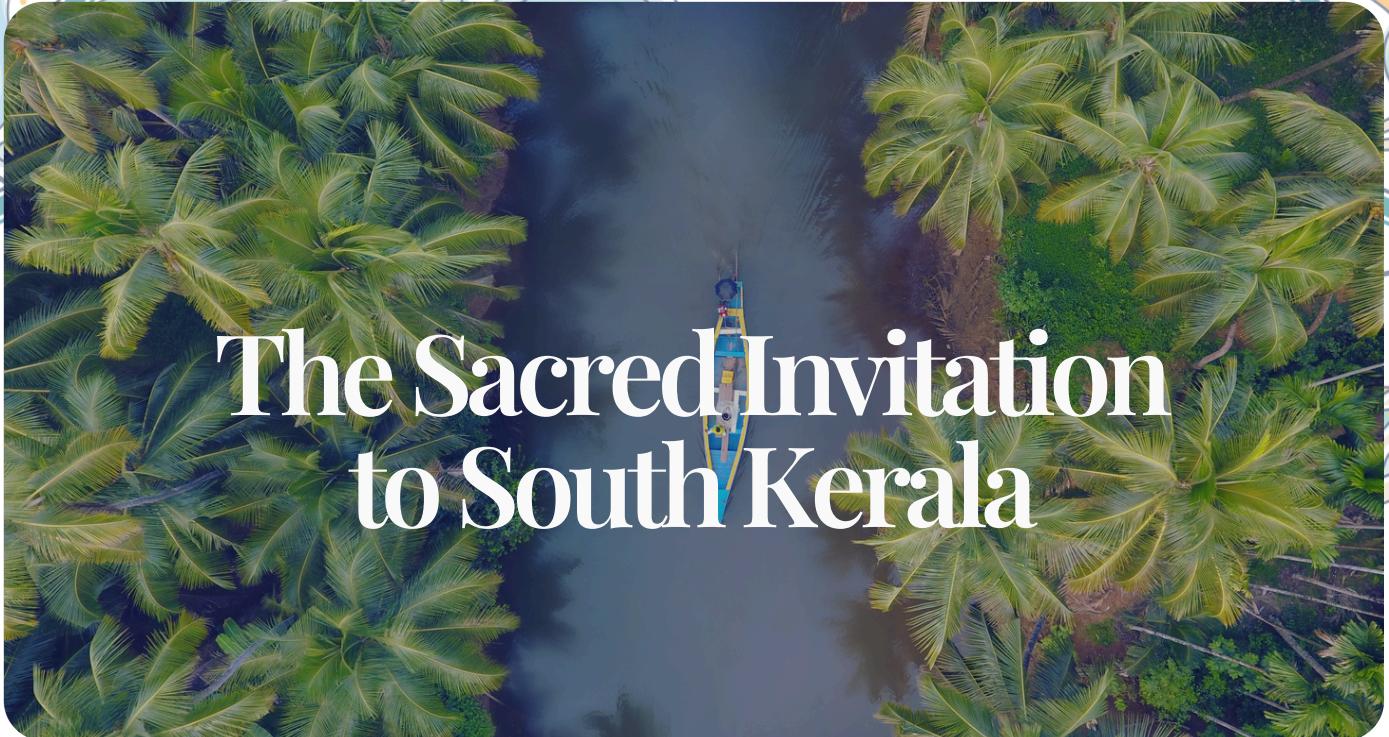
# The Sacred Waters Odyssey

## A Journey of Renewal in Kerala's Healing Heart



15 Intimate Days Journey

[lakshmitrails.com](http://lakshmitrails.com)



# The Sacred Invitation to South Kerala

**There comes a time when we seek more than an escape.** We long for genuine renewal. The Sacred Waters Odyssey is your sanctuary for deep restoration, where thundering waterfalls, sacred ceremonies, and master Ayurvedic healers create a gentle passage from exhaustion to vibrant new life.

## Sacred Ceremonies

Begin your transformation beside thundering waterfalls with intention-setting rituals and cleansing ceremonies led by local spiritual guides.



### New Year Fire Ritual

Release 2025's burdens in our sacred midnight ceremony while calling in your highest intentions for 2026.

## Backwater Sanctuary

Find deep peace on private houseboats and traditional kayaks, moving at nature's pace through untouched village landscapes.



### Master Ayurvedic Healing

Personalized consultations and authentic treatments from renowned practitioners, plus hands-on learning of sustainable wellness practices.

# The Sacred Unfolding

Our Path Through Kerala's Healing Waters

## I Waterfall Rebirth & New Year Celebration

Athirappilly & Thekkady: Where Waters Heal and Earth Teaches

Begin the year anew at Kerala's thundering waterfalls and spice-scented hills. Honor the turning of time with ancient fire rituals, forest wisdom, and mountain blessings.

- Be anointed in a waterfall blessing ritual, with sandalwood paste and fresh flowers.
- Walk with a tribal herbalist, learning the secrets of forest medicine.
- Release old patterns in a New Year fire ceremony guided by sacred Agni Hotra.
- Immerse yourself in a spice plantation, learning Ayurvedic traditions from local families.
- Rise early for a wildlife safari, seeking elephants and rare birds in Periyar's dawn mist.

## II Coastal Cleansing & Flowing Waters

Varkala & Kumarakom: Where Sea Meets Healing Backwaters

Follow temple bells down clifftop paths to the Arabian Sea, then drift through Kerala's emerald backwaters, finding deep rest for the body and nervous system.

- Offer prayers in an ocean gratitude ritual with seashells and chants.
- Take part in a temple puja at clifftop Janardanaswamy, guided by priests.
- Glide silently through mangrove waterways on a kayak exploration.
- Gather around a fire storytelling circle, hearing legends from local wisdom keepers.
- Spend a day on a private houseboat cruise, watching life unfold along hidden canals.

## III Heritage Integration & Deep Healing

Fort Kochi & Nattika: Where History Heals & Bodies Restore

Close your journey where cultures converged for centuries and Ayurveda thrives in quiet sanctuaries. Here, art, heritage, and healing unite for full integration.

- Walk Kochi's colonial spice streets, past Chinese fishing nets and colorful homes.
- Witness a Kathakali dance drama, Kerala's sacred art of storytelling through movement.
- Receive a personal Ayurvedic consultation with master practitioners.
- Experience signature therapies like abhyanga, shirodhara, and herbal steam.
- Learn Saatvik cooking techniques, preparing nourishing meals for your constitution.

# Invest in Your Transformation

## Journey Dates

**Dec 30 – Jan 14  
2025/26**

## Journey Investment

**\$2,799 USD**

\*excluding flights

## Group Size

**Maximum 16**



### Curated Accommodation

Heritage hotels, eco-lodges, and wellness retreats personally selected for comfort and cultural authenticity



### Seamless Transportation

Private air-conditioned vehicles and comfortable train journeys with professional drivers



### Nourishing Cuisine

Daily breakfast, most meals including special feasts and home-hosted dining experiences



### Guided Experiences

Safaris, houseboat cruises, temple ceremonies, cultural workshops, and village immersions with local guides



### Daily Wellness

Morning yoga and meditation sessions, Ayurvedic consultation, and introductory healing treatments



### Sacred Gifts

Curated wellness kit and meaningful farewell ceremony with handcrafted remembrances

## Ready to Begin Your Sacred Journey?

Let's explore if this transformational path calls to you. Share your intentions and discover how this journey might serve your highest good.

Reach out with any questions or to reserve your spot

Piotr Zadecki | Founder & Lead Guide

[info@lakshmitrails.com](mailto:info@lakshmitrails.com) | [lakshmitrails.com](http://lakshmitrails.com) | [@lakshmitrails](https://www.instagram.com/lakshmitrails)

