



Moksha in South India Yoga & Ayurveda

Kerala, South India

January – February 2022

Yoga, Ayurveda, Beach,
Tours, Sightseeing,
Backwaters, Temples,
Ashrams, Festivals,
Shopping & Relaxing!



Program	Arrive by Date	Term	Program Dates
Yoga Teacher Training 200hr	Dec 31, Thu	26 days	Jan 1 – Jan 26
Yoga Teacher Training 500hr	Feb 4, Fri	24 days	Feb 5 – Feb 28
Ayurveda Course/Training 95hr	Dec 31, Thu	26 days	Jan 1 – Jan 26
Varkala Beach Excursion	Jan 11, Wed	3 days	Jan 12 – Jan 14
Yoga, Temple & Ashram Tour	Jan 26, Wed	8 days	Jan 27 – Feb 4
Yoga & Ayurveda Retreat #1	Dec 31, Thu	11 days	Jan 1 – Jan 11
Yoga & Ayurveda Retreat #2	Jan 14, Fri	11 days	Jan 15 – Jan 26
Yoga & Ayurveda Retreat #3	Feb 4, Fri	11 days	Feb 5 – Feb 16
Yoga & Ayurveda Retreat #4	Feb 17, Thu	11 days	Feb 17 – Feb 28

