

MOKSHA YOGA

Teacher Training, Yoga & Ayurveda, Holiday & Escape Kovalam Beach, Kerala, South India 2023

Master Schedule & Overview

Programs

Moksha Teacher Training 200hr	Jan 1-25	Arrive by Dec 29-30	\$3200
Yoga & Ayurveda Retreat #01	Jan 1-12	Arrive by Dec 30-31	\$1299
Yoga & Ayurveda Retreat #02	Jan 15-26	Arrive by Jan 13-14	\$1299
Moksha Teacher Training 500hr	Feb 6-28	Arrive by Feb 3-4	\$3200
Yoga & Ayurveda Retreat #03	Feb 6-17	Arrive by Feb 4-5	\$1299
Agaastya Ayurvedic Treatment	weekly rate*	treatment 3hrs/day	\$400

**Price subject to change*

Trips & Tours

Varkala Beach 2-night Trip	Jan 12-14	Arrive by Jan 11	\$199
South India Temple & Ashram Tour	Jan 27-Feb 5	Arrive by Jan 26	\$1399

Day Excursions & Classes

Poovar Backwater Boat Cruise	Jan 3	Register by Jan 1	\$40
Kanyakumari All Day Excursion	Jan 7	Register by Jan 1	\$40
South Indian Cooking Class	Jan 8	Register by Jan 5	\$40
Trivandrum Museum Day Excursion	Jan 10	Register by Jan 9	\$20
Challah Bazaar Shopping Day Excursion	Jan 17	Register by Jan 16	\$20
South Indian Cooking Class	Jan 19	Register by Jan 16	\$40
Jataya Garuda All Day Excursion	Jan 21	Register by Jan 16	\$40
Trivandrum Museum Day Excursion	Jan 24	Register by Jan 23	\$20

Tracks

Yoga & Teacher Training	Track 1	Morning Yoga & Afternoon Training
Yoga & Ayurveda	Track 2	Morning Yoga & Afternoon Treatment
Yoga & Vacation	Track 3	Morning Yoga & Afternoon Freetime