

Moksha Yoga Center

Yoga & Ayurveda Retreat | Teacher Training

Kovalam Beach, Kerala, South India

2025 India Schedule & Price List

Tracks

Yoga Retreat, Rest & Relaxation	Track 1	Morning Yoga Program & Afternoon Freetime
Yoga Retreat & Teacher Training	Track 2	Morning Yoga Program & Afternoon Training
Yoga Retreat & Ayurveda	Track 3	Morning Yoga Program & Afternoon Treatment
Yoga Retreat & South India Tour	Track 4	Daily Yoga & Ashram/Shala Visits Tour/Travel

Track 1: Yoga, Rest & Relaxation Retreat

Choose any combination of dates

	<u>by Oct 15</u>	<u>by Nov 15</u>	<u>by Dec 15</u>
■ Yoga Retreat #1 January 1-12 (Arrive by Dec 31)	\$1149	\$1249	\$1349
■ Yoga Retreat #2 January 13-24 (Arrive by Jan 12)	\$1149	\$1249	\$1349
■ Yoga Retreat All January 1-25	\$1849	\$1949	\$2049

*Includes morning yoga programs, airport transfers, accommodations & breakfast; extra night accommodations not included.

Track 2: Yoga & Teacher Training

- **Teacher Training 200/500hr | Jan 1-25 (Arrive by Dec 31)** **\$2800** **\$3000** **\$3200**

*Includes morning yoga programs, airport transfers, accommodations & breakfast; extra night accommodations not included.
Does not include classes at Moksha.

Track 3: Yoga & Ayurvedic Treatment

- ❖ **Ayurvedic Treatment** weekly rate* | Treatment 2-3hrs Daily **~\$350 (prepay 60-90 days in advance)**

*Does not include yoga retreat or accommodations - treatment only; price subject to exchange rate fluctuations.

Note: Advanced registration required as the Ayurvedic Center sells out each season and may be unable to accommodate last-minute reservations.

Day Excursions & Classes

Poovar Backwater Boat Cruise	Jan 3	\$20	Varkala Beach 1-Night Trip	Jan 12-13	\$199
Kanyakumari All Day Excursion	Jan 7	\$40	Challah Bazaar Day Excursion	Jan 17	\$20
South Indian Cooking Class	Jan 8	\$30	South Indian Cooking Class	Jan 19	\$30
Trivandrum Museum Half Day Excursion	Jan 10	\$20	Jataya Garuda All Day Excursion	Jan 21	\$40
			Trivandrum Museum Half Day Excursion	Jan 24	\$20

Tourism & Travel Retreat

- ★ **Ashram & Astanga in Mysore South India Tour** | Jan 27-Feb 5 (Arrive by Jan 26) | \$1499

*Includes morning yoga programs, airport transfers, accommodations & breakfast.

Airfare/Visa not included in any of the above.

Om Shanti