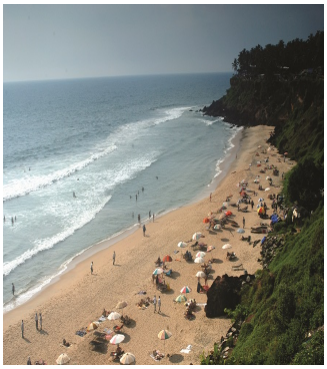
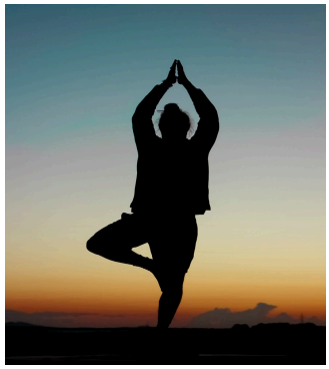
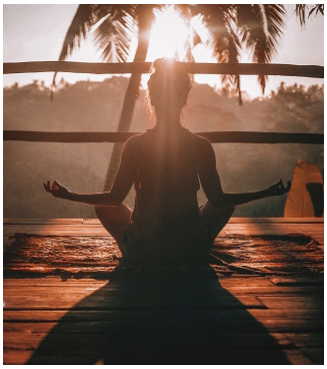
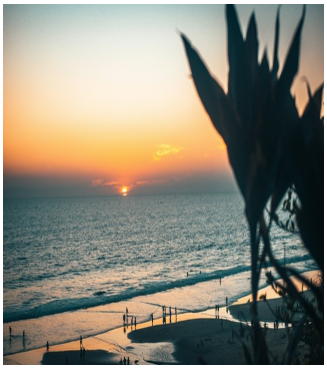
Address :E 13 / 29, Harsha Bhawan, First Floor, Connaught Place, New Delhi 110001
Email : mail@gobeyondtours.in **Contact :**9990091144

Package Code:GO306887

07D Yoga with Beach - 6 Nights / 7 Days

Cities Covered: >> Varkala

To get bliss and peace in the mind, it is necessary for the body as a whole to undergo a process of absolute relaxation and spiritual purification. Yoga is also known as the science of purification and finally attaining the path of connecting with universal energies. This purification process is not just physical or mental detox, but purification of six types. The body has to be cleaned in six different ways for six different impurities. When you clear the body of these impurities, the nadis function and the energy blocked on the way is released. Then the spiritual energy moves like wave frequency throughout the channels within the physical structure, moving right up to the brain where the mind does its work and connects with the universal energies. Yes, Yoga is just not about postures, it's about conjunction with the cosmos.

In this experience, you are in Kerala - God's own country. You will go to Varkala beach - One of the finest beaches in south India. Get set for a life changing experience and achieve spiritual peace through 07 Days Yoga and meditation

Day 1: Varkala:

Arrive in Trivandrum Welcome to Kerala - to God's own country!

Upon arrival at Trivandrum International Airport, meet our local representative for a private transfer to your beach hotel (about 1hr 30min drive). Check-In at your hotel and rest of the day at leisure.
Meals : None

Transportation : Trivandrum Airport to Varkala by Private Car or Van
Accommodation : Overnight at Hotel (budget or comfort as per booked)

Day 2: Varkala:

Start your day with a morning yoga class. Learning of Pranayama (breathing exercises), Asanas (Postures) and the mental calmness of quietness. After breakfast, introduction of yoga followed by a lecture.
In the evening, you will get another yoga session before the day slowly comes to an end.
Meals : Breakfast
Accommodation : Overnight at Hotel (budget or comfort as per booked)

Day 3: Varkala:

Enjoy an early morning yoga class along with meditation. During the day you may plan to go to mineral water spring on your own After breakfast, the day is free at leisure at the beach. In the evening you will join one more yoga session before the sun sets.
Meals : Breakfast
Accommodation : Overnight at Hotel (budget or comfort as per booked)

Day 4: Varkala:

njoy an early morning yoga class along with meditation. After breakfast, the day is free at leisure at the beach. You may plan to visit Shivagiri mutt. In the evening you will have one more yoga session before the sun sets.
Meals : Breakfast
Accommodation : Overnight at Hotel (budget or comfort as per booked)

Day 5: Varkala:

Enjoy an early morning yoga class along with meditation. After breakfast, the day is free at leisure at the beach. In the evening you will have one more yoga session before the sun sets.
Meals : Breakfast
Accommodation : Overnight at Hotel (budget or comfort as per booked)

Day 6: Varkala:

Enjoy an early morning yoga class along with meditation. After breakfast, the day is free at leisure at the beach. In the evening you will have one more yoga session before the sun sets.
Meals : Breakfast
Accommodation : Overnight at Hotel (budget or comfort as per booked)

Day 7: Varkala:

Check out and continue on your own
Meals : Breakfast
Transportation : Varkala to Trivandrum Airport by Private Car or Van

-Accommodations : Stay in Hotels as per the standard of tour booked
-Transportation : Private vehicle one way airport transfer
-Miscellaneous : Yoga Sessions as stated in the itinerary
-Service of an English-speaking Yoga trainer as mentioned in the itinerary

-Departure Transfer
-Travel Insurance (Compulsory)
-All entrance fees (to be paid locally)
-Meals other than specified
-Tips & Gratuities
-Visa and Insurance
-Extras ordered directly
-Any medical or other assistance

Terms & Conditions

Go Beyond reserves the right to change, update and/or alter these terms and conditions at any time and without prior notice.

Age Policy : Adults: 06 and above years of age; Children: 0 to 05 years of age

In case of Cancellations of tours or a particular service

Here are the general conditions and guidelines if you are traveling with us OR doing business with us at any destination where we offer our experiences.

Cancellation Policy -

Travelers/Guests/Customers OR booking Agents must notify Go Beyond Tours in writing on mail@gobeyondtours.in for any cancellation. We will NOT provide partial or full refunds for missed or unused services. Our cancellation policies and related fees are mentioned as a percent of the total booking price based on the booking's start date i.e. first day of service.

The following cancellation policy is applicable and applicable fees is mentioned as a percentage of total booking price for Standard Tours booked directly on our website -

-100% refund of the total booking price IF the cancellation request is received more than 30

days prior to the travel date / first day of service.

- 50% refund of the total booking price IF the cancellation request is received between 15 and 29 days prior to the travel date i.e. first day of service.
- No refund of the total booking amount IF the cancellation is received less than 15 days prior to the travel date / first day of service.
- Compulsory cancellation fee applicable once you get the confirmation for trips with non-refundable services like train or air tickets, rides, jungle safari etc.
- Compulsory Service charge / cancellation fee applicable for customized trips / group tours as mentioned at the time of specific offers

Fixed Departures and shared services

Tours that are operated as “Go Together” / shared services, that is on a "join-in" basis, there is generally a minimum number of passengers that must be booked on the tour in order to assure that the tour departs. IF the number of customers on a particular join-in departure change after our customer books but before the tour departs, we reserve the right, at any time, to offer an alternative price for that departure and / or an alternative departure date notwithstanding the cancellation policy detailed above.

Specially for you Tours / Custom-Made Tours / Private Tours

Customized / Tailor-Made tours might have different cancellation policies at our discretion. The cancellation policy for tailor-made tours are always more stringent and is disclosed to the customer at the time of offer / prior to booking.

Cancellations By Go Beyond Tours

Go Beyond Tours reserve the right to cancel any trip for any reason that may occur due to circumstances that can make it unrealistic to run/continue a tour or service. Tour are ONLY canceled for unusual or unforeseen circumstances that are outside of our control or, in the case of shared / fixed tours, if there are too few people confirmed for us to operate the trip.

At a stage, when we cancel a tour, you may choose between a full refund of the amount paid or credit in that amount for any alternative trip. If the alternative trip is of lesser cost than the canceled trip, we might offer a partial refund, and pay you the difference. If the alternative trip is more costly than the canceled trip, we might ask you to pay the difference amount.

Please note we are not responsible for any incidental expenses or consequential losses that you incur as a result of the booking, such as, but not limited to, visas, vaccinations and non-refundable flights, missed connections, road blocks, adverse weather conditions, medical reasons and situations beyond control.

Customer Liability & Insurance

Guests traveling with us must be protected by their own travel insurance that covers accidents, medical expenses, emergency evacuation and loss or damage to personal effects. By participating in a product, package tour or activity with us, you agree to be responsible for all costs related to the above and exempt and fully release our company, our employees and our local partners from any and all liability, claims, demands, actions or causes of action whatsoever arising out of any damage, loss or injury to yourself, to your property, or death, which may occur as a result of or in the context of participation in a tour or activity, whether such loss, damage, injury or death results from the negligence and/or other fault, either active or passive, of any of the parties described, or from any other cause.

Travelers and participants must be able to provide proof of insurance. All customers traveling with us and our suppliers / service partners do acknowledge that no refunds will be provided for

any reason if the customer cannot furnish and we are unable to verify the proof of insurance purchase prior to your trip with us. In all cases, customers should seek refunds from their insurance provider prior to requesting a refund from Go Beyond.

Also note that coverage, such as insurance for trip cancellation or the loss of luggage and personal effects is not required, but strongly encouraged. We are not liable for lost or stolen luggage.

Disputes and applicable law

Please note that any and all Terms and Conditions that you abide by in traveling with us, including all matters arising from these Terms and Conditions, are subject to the law and the exclusive jurisdiction of the courts exclusively in the destination in which we have provided services to you.

-We offer a wide range of hotels starting from budget, mid-range to luxury hotels.