



Kerala Retreat & Kids TTC  
24th November - 1st December

INFORMATION PACK

[www.yogakidsworld.com](http://www.yogakidsworld.com)

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## **Retreat facts**

**Kerala - Cochin, Alleppey, Kollam & Kovalam**

Kerala, a state on India's tropical Malabar Coast, has nearly 600 km of Arabian Sea Shore line. It's known for its palm-lined beaches and backwaters, a network of canals. Inland are the Western Ghats, mountains whose slopes support tea, coffee and spice plantations as well as wildlife. National parks like Eravikulam and Periyar, plus Wayanad and other sanctuaries, are home to elephants, langur monkeys and tigers.

Just setting foot on this swath of soul-quenching, palm-shaded green will slow your sub continental stride to a blissed-out amble. Kerala is the world away from the frenzy of elsewhere as if India had passed through the Looking Glass and become an altogether more laid-back place.

**Trip Duration - 7 nights / 8 days**

### **Includes -**

- 7 nights accommodation in 3 star hotels & resorts
- Airport transfers
- 20 hour Kids TTC
- Every breakfast and dinner
- One ayurvedic massage
- Day cruise on the Kerala backwaters
- Walking tour in Cochin
- Guided shopping tour
- Sightseeing
- 4 x Yoga sessions
- English speaking guides

### **Excludes -**

- 4 x lunches
- Flights
- Personal spending money
- Indian visa

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**Price** - We have three different price depending on the package you select.

**Full package including TTC**

Early bird (Ends 27/7/18) £1340

Standard £1440

**Retreat package only (Excluding TTC)**

Early bird (Ends 27/7/18) - £1240

Standard - £1340

**TTC only ( x3 lunches + 1 dinner included)**

Early bird (Ends 27/7/18) - £350

Standard - £400

## **Retreat Highlights**

Comfortable accommodation 3 star, Kids TTC, 1 Ayurvedic Massages, Walking tour in Cochin, Yoga, Traditional Kerala food & fine dining, Guided shopping afternoon, House boat tour on the Alleppey Backwaters, sightseeing and so much more.

## **About**

This Teacher Training is a 3 day course - mainly practical with some theory - in which you will experience how to be a kid again and connect with your inner child, in order to be able to work with children and teach them Yoga in a very joyful, playful and positive way.

It is an opening of the heart, coming back to where it all started. In this training you will receive the tools and confidence to become a professional Kids Yoga Teacher, as soon as you complete the course. I will also provide you with a fully comprehensive manual for you to keep, as a long time reference to creating your classes and getting the inspiration for your teachings.

**This course is certified by the Yoga Alliance International, YAI, and it qualifies you to teach Kids Yoga anywhere in the world.**

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### **Course Content:**

1. Games and techniques to teach Yoga in a playful way
2. Games and techniques to teach Yoga to different age groups
3. Yoga Asanas for kids, partner and group
4. Breathing and meditation techniques and games
5. Group dynamics for kids and teenagers
6. Acroyoga basics and Thai Massage sequence for kids
7. How to teach Yamas and Niyamas to kids
8. How to teach Pranayama to kids
9. How to teach Family Yoga
10. How to keep and maintain kids' attention during the class
11. Basic Yoga techniques for special needs kids
12. How to create and sequence your classes

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## Teacher bio

Cayetana Rodenas

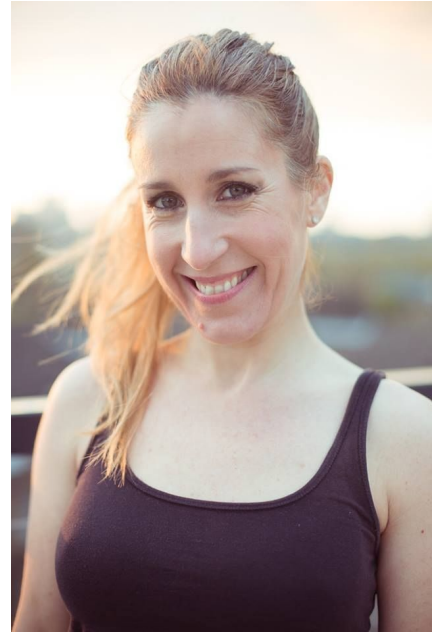
I was born and raised in Madrid, Spain.

Since a very young age I got involved in different Performing Arts; I studied Drama, Song and Dance and became a very important part of my life. I also studied Education and worked as a Drama & Dance Teacher for several years.

Later on, Yoga came into my life by a beautiful chance, when I was living in Australia.

I completed my YogaTeacher Training there and soon after started working as a Yoga Teacher. After that, I completed my Kids Yoga Teacher Training with Marsha Wenig and The Radiant Child Yoga Program with Shakta Kaur Khalsa.

I also owned my own Yoga Studio in Madrid called YOGA&ARTE for almost a decade, where I was teaching Hatha, Vinyasa and Dynamic styles of Yoga, as well as Yoga for Kids, Pregnancy Yoga and Mom&Baby Yoga.



I starred in a TV program in Spain, introducing the Yoga section and I am currently in the process of completing another project for Spanish TV that will be broadcasted soon!

I am also the creator of a Teacher Training program for school teachers, so they can teach Yoga in schools and share the benefits and joy of Yoga among many children all over the world. Nowadays I spend my days travelling around the world teaching this training.

## Accommodation

Comfortable 3 star accommodation, two people per room with bathrooms. If you would like your own room, please let me know. The cost will be an extra £300 per person.

## Yoga

Daily yoga will be held in the a range of indoor and outdoor yoga studios.

## Meals

We believe a healthy and nutritious diet is most important. All meals will be prepared to support your daily yoga practice. **Our specialties include: Indian Cuisine, Raw foods, ayurvedic diet and continental fine dining.**

Should you have any dietary requirements, please advise, and we will arrange to have this accommodated.

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## **Visa**

**To enter India a visa is required.** Those travelling in India for less than 60 days can apply for an E-tourist visa - £40 .

If you intend to stay in India for more than 60 days, you will need to apply for a regular visa - £60. This visa allows you to stay in India for up to 6 months.

Visa Website

<https://indianvisaonline.gov.in>

Checklist link:

<http://www.vfsglobal.com/india/australia/tourist.html>

## **Flights**

Arrival - Cochin International Airport

Depart - Trivandrum International airport

## **Travel Insurance**

Please purchase your travel Insurance as soon as the retreat is booked as per our terms and conditions once payment has been made it is non-refundable.

## **Currency and Money**

The Indian rupee is the official currency in India.

Functioning ATMS can be difficult to be find. To be on the safe side it is advised to stock up on cash before arriving to India.

## **Passport and Visa requirements**

A valid passport is required for participation in this retreat. It is necessary that your passport is valid for **6 months from the date you intend to return home.**

Visa is required.

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We suggest that you carry a couple of photocopies of your passport, visa and any other important documents when travelling.

### **Internet and Wi-Fi capability**

Internet is available in all locations.

### **Health information**

Please consult a doctor concerning health precautions, immunizations, and prescriptions based on your physical condition and medical history. Please note this should be done 3 months prior to travelling as some vaccines require several weeks following the injection to become effective.

### **Climate**

Cochin, Kollam & Kovalam - Air temperature is 28-34°C and water temperature is 25°C. Munnar- 10- 22°C

### **Packing list**

The key is to pack comfortable clothing that covers your shoulders and knees, as it's going to be warm, pack clothing that is light and breathable. During our 3 nights in Munnar temperatures can drop so bring adequate clothing for cooler evenings and days. Sun-protective gear, including a hat or visor and sunblock, as we will be out for extended periods of time.

Think things like:

- cotton, breathable t-shirts
- singlet tops
- long-sleeve shirts
- dresses and or skirts (Below knees)
- sarong
- shorts
- pyjamas/sleepwear
- hats
- swimwear
- yoga wear

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- light-rain jacket
- jumper
- warm pants
- comfortable walking shoes
- flip flops/sandals
- toiletries
- camera
- adaptor for electronics
- journal
- good book
- day bag
- hand sanitizer
- insect repellent
- sunscreen
- sunglasses

We also recommend leaving most of your valuables at home. Expensive phones, jewellery, laptops etc. If you are travelling before or after the retreat, there will be a locked room at our hotel to secure extra luggage if needed.

### **Checklist**

- |                                  |                          |
|----------------------------------|--------------------------|
| Flights                          | <input type="checkbox"/> |
| Passport and Visa                | <input type="checkbox"/> |
| Travel Insurance                 | <input type="checkbox"/> |
| Visit your travel doctor         | <input type="checkbox"/> |
| All payments finalised           | <input type="checkbox"/> |
| Waivers signed and submitted     | <input type="checkbox"/> |
| Print copies of travel documents | <input type="checkbox"/> |
| Exchanged currency               | <input type="checkbox"/> |
| Pack                             | <input type="checkbox"/> |



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## **Retreat Itinerary**

Please note based on the expeditionary nature of our trips, there may be ongoing enhancements to this itinerary.

Below please find the day-by-day itinerary for this trip. Unless otherwise noted, daily excursion options are included in the cost of the trip. We do our best to adhere to the scheduled itinerary, but in the spirit of our expeditionary style of travel we may deviate slightly to take full advantage of encounters with the destination and its people, culture, and wildlife.

### **Day 1: 24/11/2018**

Arrive at Kochi airport; our driver will be waiting for you with our Creating Space retreats sign. You will drive 40 minutes to our hotel in fort Kochi. Relax and unwind, meet & greet at 5 pm followed by our group dinner.

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### **Day 2: 25/11/2018**

Morning yoga followed by Breakfast. Get ready to hit the streets of Kochi. Walking tour with our guide, visiting The Chinese Fishing Nets, St. Francis Church with the first tomb of Vasco de Gama, Paradeshi Jewish Synagogue of Cochin, Jewish town and Dutch Palace. We will stop for lunch along the way and later head back to our hotel for group dinner and relaxation.

### **Day 3: 26/11/2018**

Morning Yoga, followed by breakfast. Today we leave Kochi and drive 140 kms South to Kollam, onroute we will stop in the famous town of Alleppey to enjoy cruising on the Kerala backwaters; Lunch included. Later that afternoon we will check-in to our resort in Kollam, unwind by the pool. Group dinner and relaxation.

### **Day 4: 27/11/2018**

Have a relaxing morning and meet for group breakfast. Today we start your TTC, enjoy meals together and overnight stay in Kollam Resort.

### **Day 5: 28/11/2018**

Group breakfast and TTC, during the afternoon we will take a walking tour through a local village to see traditional ways of living in kerala, enjoy meals together and overnight stay in Kollam.



### **Day 6: 29/11/2018**

Group breakfast and today is our final day of TTC, enjoy an ayurvedic massage during the afternoon and relax by the pool. Tonight we will meet for our graduation ceremony and group dinner.

### **Day 7: 30/ 11/2018**

Morning yoga overlooking the Kerala backwaters. After group breakfast today we leave Kollam and take a drive South, we will stop for chai in Varkala, and later we check-in to Kovalam Resort. During the afternoon we will hit the famous beaches and shops and enjoy our last meal together.

### **Day 8: 1/12/2018**

Following breakfast, our drivers will arrange transfer to the airport. Depart to your further destination with the sweet memories and high spirits of Southern India.

We hope you had a wonderful retreat!

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