

# Kerala Weekend Wellness: Short Ayurveda & Yoga Program in Kovalam

Prepared by TourGrids



Destination  
**Kerala**



Duration  
**3 Nights 4 Days**



Starting from  
**Rs. 11,600 / person**

## ITINERARY ROUTE

📍 **Kovalam · 3N**

<https://tourgrids.com/packages/kerala/kerala-3-nights-4-days-package-159>

## Overview

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A rejuvenating 3-night / 4-day Kerala Weekend tour package designed for stress relief, detox and relaxation. This compact Kerala Weekend package blends authentic Ayurvedic therapies, daily yoga sessions, and time by the iconic Kovalam Beach, making it ideal for busy travelers seeking a quick health reset. Perfect as a Kerala tour package or a focused 3 and 4 Kerala Weekend tour package option.

### Highlights:

- Personalized Ayurvedic Consultation and treatment plan
- Daily Yoga & Guided Meditation sessions by the beach
- Authentic Ayurvedic therapies: Abhyanga, Shirodhara, steam & more
- Leisure time at Lighthouse Beach (Kovalam) and peaceful beach walks
- Healthy Ayurvedic meals & dietary guidance
- Optional short cultural visit to Thiruvananthapuram (Padmanabhaswamy Temple, Napier Museum)

Tip: This weekend wellness plan is best for participants aged 16+ and can be customized for special health needs after prior consultation.

### ✓ **What's Included**

- ✓ Accommodation for 3 nights at a wellness resort in Kovalam (twin/double/single occupancy options), daily Ayurvedic vegetarian meals (breakfast, lunch, dinner) tailored to your therapy plan, daily yoga & meditation sessions, initial Ayurvedic consultation and final follow-up consultation, specified Ayurvedic therapies as per the 3-night program (e.g., Abhyanga, Shirodhara, steam, marma – as listed in itinerary), transfers between Trivandrum Airport/Railway Station and resort (one round trip), taxes, bottled water, Wi-Fi, and 24/7 local assistance.

### ✗ **Not Included**

- ✗ International or domestic flights/train fares to Trivandrum, travel insurance, phone calls, laundry, additional or upgraded therapies not listed in the itinerary, personal expenses, tips/gratuities, entrance fees for optional sightseeing, peak-season surcharges (if applicable), and any medical procedures or medicines beyond standard Ayurvedic preparations recommended during consultations.

## Day-by-Day Itinerary

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Day

1

### **Arrival, Consultation & Beach Relaxation**

Arrive at Thiruvananthapuram (Trivandrum) Airport/Railway Station and transfer (approx. 20–30 mins) to Kovalam. Check-in to your wellness resort. Meet the Ayurvedic physician for a personalized health consultation and receive a tailored therapy plan for the stay. Enjoy a light introductory yoga session and coastal breathing exercise at Lighthouse Beach followed by a calming herbal tea. Evening at leisure with an Ayurvedic light dinner and a short guided meditation before rest.

Places covered are compact to prioritize rest and therapy on day one.

Day

2

### **Yoga, Ayurveda Therapy & Ayurvedic Cuisine**

Begin with a sunrise yoga & pranayama session on the beach (45–60 minutes) focused on gentle alignment and breathwork. After the session, enjoy a wholesome Ayurvedic breakfast. Mid-morning receive your scheduled therapy – typically Abhyanga (full body oil massage) followed by a steam bath. Post-therapy relaxation to allow integration of oils and rest. Afternoon workshop on simple home-based Ayurveda tips and personalized dietary guidance. Evening includes light restorative yoga and a nutritious Keralite Ayurvedic dinner.

Note: Therapies are administered by certified Ayurvedic therapists and timing may vary according to individual health plans.

Day

3

### **Deep Therapy, Beach Time & Optional Cultural Short Trip**

Early morning guided meditation followed by a targeted therapy session – options include Shirodhara (continuous herbal oil stream) or Marma therapy, complementing earlier treatments for deeper relaxation. Midday reserved for rest and seaside leisure: enjoy the sands of Hawa Beach / Lighthouse Beach, gentle swimming or an optional Ayurvedic herbal foot soak. In the afternoon there is an optional half-day excursion to nearby Thiruvananthapuram to visit Padmanabhaswamy Temple (dress code applies) and Napier Museum – handy for guests interested in culture alongside wellness. Return for an evening herbal dinner and a calming wind-down yoga nidra session.

Important: If opting for the city visit, request it at check-in so transfers can be arranged.

Day

4

## Final Consultation, Gentle Yoga & Departure

Morning gentle yoga session focusing on mobility and integration of techniques learned during the stay. Followed by a final consultation with the Ayurvedic doctor to review progress and receive a personalized home-care and diet plan to continue benefits at home. Enjoy a light Ayurvedic breakfast, check-out by midday, and transfer to Trivandrum Airport/Railway Station for onward travel.

Tip: Keep your departure light; consider scheduling flights after 12:30 PM to comfortably complete the morning routine and consultation.

## ? Frequently Asked Questions

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### ? What are the top tourist destinations in Kerala?

Kerala offers stunning tourist destinations like Munnar's tea plantations, Alleppey's backwaters, Kochi's vibrant culture, and Wayanad's lush hills. Don't miss the stunning beaches of Varkala and Kovalam, as well as the tranquil landscapes of Thekkady and Kumarakom. Each offers unique experiences for every traveler.

### ? What is the best time to visit Kerala?

The best time to visit Kerala is from October to March. During these months, the weather is pleasantly cool and dry, making it ideal for exploring the lush backwaters, hill stations, and vibrant culture. Remember to experience the festivals and local events that take place during this peak tourist season!

### ? How can I travel around Kerala?

Traveling around Kerala is easy thanks to its extensive transport options. You can use private taxis, auto-rickshaws, and public buses. For scenic routes, consider hiring a houseboat, especially in the backwaters of Alleppey. Trains and domestic flights connect major cities, making exploration seamless.

### ? What are the famous cuisines to try in Kerala?

Kerala is renowned for its delicious cuisine, featuring dishes like Sambar, Appam, and Puttu. Don't miss the spicy Kerala fish curry and the delectable dosa. For a unique experience, try traditional Sadya, a vegetarian feast served on a banana leaf, highlighting the region's rich flavors and diverse culinary traditions.

## ❓ What activities can I enjoy in Kerala's backwaters?

In Kerala's backwaters, you can enjoy serene houseboat cruises, kayaking through lush mangroves, and bird watching. Experience local cuisine on board, visit traditional villages, and partake in unique cultural performances. Don't miss the opportunity for peaceful sunsets and picturesque landscapes!

## ❓ Is Kerala suitable for family vacations?

Yes, Kerala is ideal for family vacations! With its serene backwaters, lush hill stations, wildlife sanctuaries, and beautiful beaches, it offers a variety of activities for all ages. Families can enjoy houseboat rides, explore spice plantations, and visit cultural sites, making it a memorable destination.

## ❓ What are the important festivals celebrated in Kerala?

Kerala is home to vibrant festivals like Onam, celebrated with colorful festivities and the traditional feast; Vishu, marking the New Year with family gatherings; and Thrissur Pooram, showcasing grand temple processions and spectacular fireworks. These events reflect the rich culture and heritage, making Kerala a unique tourist destination.

## ★ Traveller Reviews



**Aditi Rao**

★★★★★ 5/5

### Everlasting Impressions of Kerala

From the stunning scenery to rich traditions, this tour made lasting impressions. I can't help but reminisce about the experiences. Highly recommend!



**Kunal Kaur**

★★★★★ 5/5

### A Well-Rounded Experience

This Kerala tour provided a perfect blend of relaxation and activities. We got to unwind in the backwaters and explore beautiful hill stations. A great balance!



**Vani Dubey**

★★★★★ 5/5

### Heavenly Kerala Escape

Kerala felt like heaven on earth! The combination of nature, culture, and warm hospitality made it a trip to remember. I left a piece of my heart there!



**Kiran Menon**

★★★★☆ 4/5

### An Immersive Eco-Tour

The eco-tour experience was unique and educational. We learned about sustainable practices while enjoying the nature-rich surroundings. Very well organized!



**Rajesh Iyer**

★★★★★ 5/5

### Charming Village Tours

Exploring local villages was a highlight. Interacting with locals and understanding their lifestyle was eye-opening. Very enriching experience!

## ⚡ Why Choose TourGrids?

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