

MAGICAL MALABAR A MEDITATION RETREAT IN KERALA

With Alistair Shearer

**Thurs. 10th – Sat 19th OCTOBER 2013.
Cost: £1300 excluding international flight.**

Day 1 (10.10.13): Fly London – Doha – Calicut

Day 2: Calicut to Neeleshwar Hermitage
Travel by road and The Lotus, luxury houseboat.
Lunch & afternoon tea on board, arriving at The Hermitage by evening.
Dinner and overnight at The Hermitage.

Day 3 to Day 8:

- Yoga;
- Meditation;
- Lecture programme;
- Visits to local temples;
- Fire ceremony pujas;
- Ayurvedic massage in the hotel's Priya Spa;
- Swimming in sea or infinity pool.

Accommodation and full board at The Hermitage

Day 9: Neeleshwar – Calicut.

Morning drive to Calicut, visiting en route, the riverside Muthappan Temple to witness trance possession ceremony and puja.
Overnight at Hari Vihar heritage homestay.

Day 10 (19.10.13): Calicut – Doha – London.

Morning transfer to Calicut international airport for flight home.

To see our lovely accommodation visit: www.neeleshwarhermitage.com
This retreat is open to anyone practising Transcendental Meditation (TM).

If you are interested, please contact Alistair on aliotheroad2@gmail.com