



YOGA & AYURVEDA

WITH SYLVIA SAIDA ARNOLDS

at the coast of Kerala at Nikkis Nest

12.01.2020 – 26.01.2020



**DATE**

12.01.2020 – 26.01.2020

PRICE

ab 2.890,- €

DESTINATION

India, Kerala

DETAILS

www.neuwege.com/OINS3001

Ayurveda, Yoga and Qi Gong at Nikkis Nest

Wake up in the morning with the sound of the sea and start the day with meditation and classical Hatha Yoga with clarity and freshness. You are completely free in creating your day with Ayurvedic treatments, relax by the pool, read, strolls at the beach, enjoying a boat trip in the backwaters or an excursion to imposing temples at Kanyakumari, as well as to the nearby Trivandrum. In the evening relax and regenerate with Qi Gong, which particularly stimulates the healing powers of the organs and thus the inner rejuvenation. Those exercises help to fall into a sweet sleep and to experience a relaxing night. Saida brings a lot of experience and joy into your lessons.

Ayurveda with charm

Nikki's Nest is a resort with small and exclusive bungalows situated on the south-west coast of Kerala. This idyllic, family-style resort is set on a hillside just off the Arabian Ocean and offers a unique view of the Malabar Coast.

A tropical garden, magnificent orchids and a well-run Ayurvedic Center await you and assures a stay with peace and relaxation.

Please note that a temple festival will take place in the neighbourhood of the Nikkis Nest from 20.01. – 29.01.2020. Therefore, there will be longer lasting performances including loud music and noise during this time.

Hence, you will receive a discount of 25%, which has already been included in your travel price.

GUIDANCE

Sylvia-Saida Arnolds

Sylvia Saida Arnolds has a Diploma in Culture & Education and has been practicing Yoga for over 27 years and Qi Gong for 14 years. She is a certified Yoga, Qi Gong, & Tai Chi teacher, Dance Alive Specialist and Traditional Healer.

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