



THE NATTIKA BEACH
AYURVEDA RESORT

INFORMATION GUIDE



THE NATTIKA BEACH

Dear Guest,

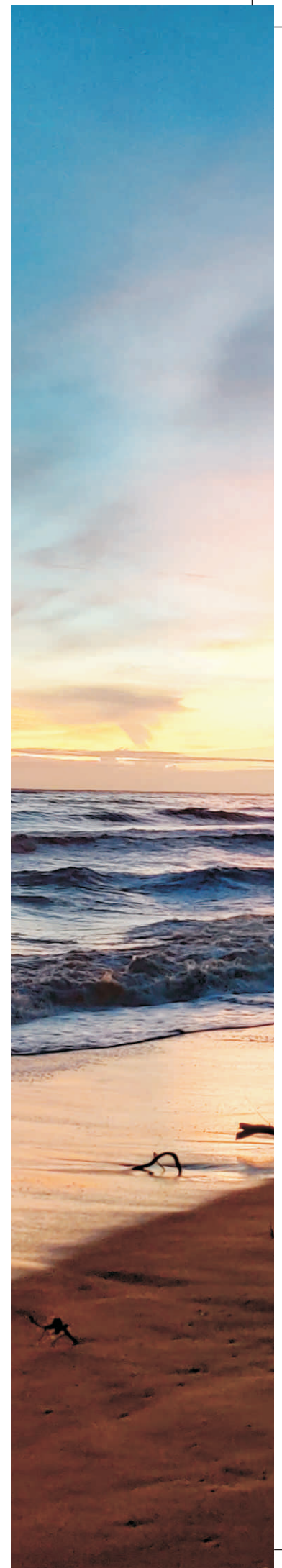
We warmly welcome you to The Nattika Beach Ayurveda Resort. It is our pleasure to have you in our Ayurveda Resort. Our aim is for your stay to be a Holistic and Healing Experience through the medium of Ayurveda. We hope you will have an unforgettable time in our paradise.

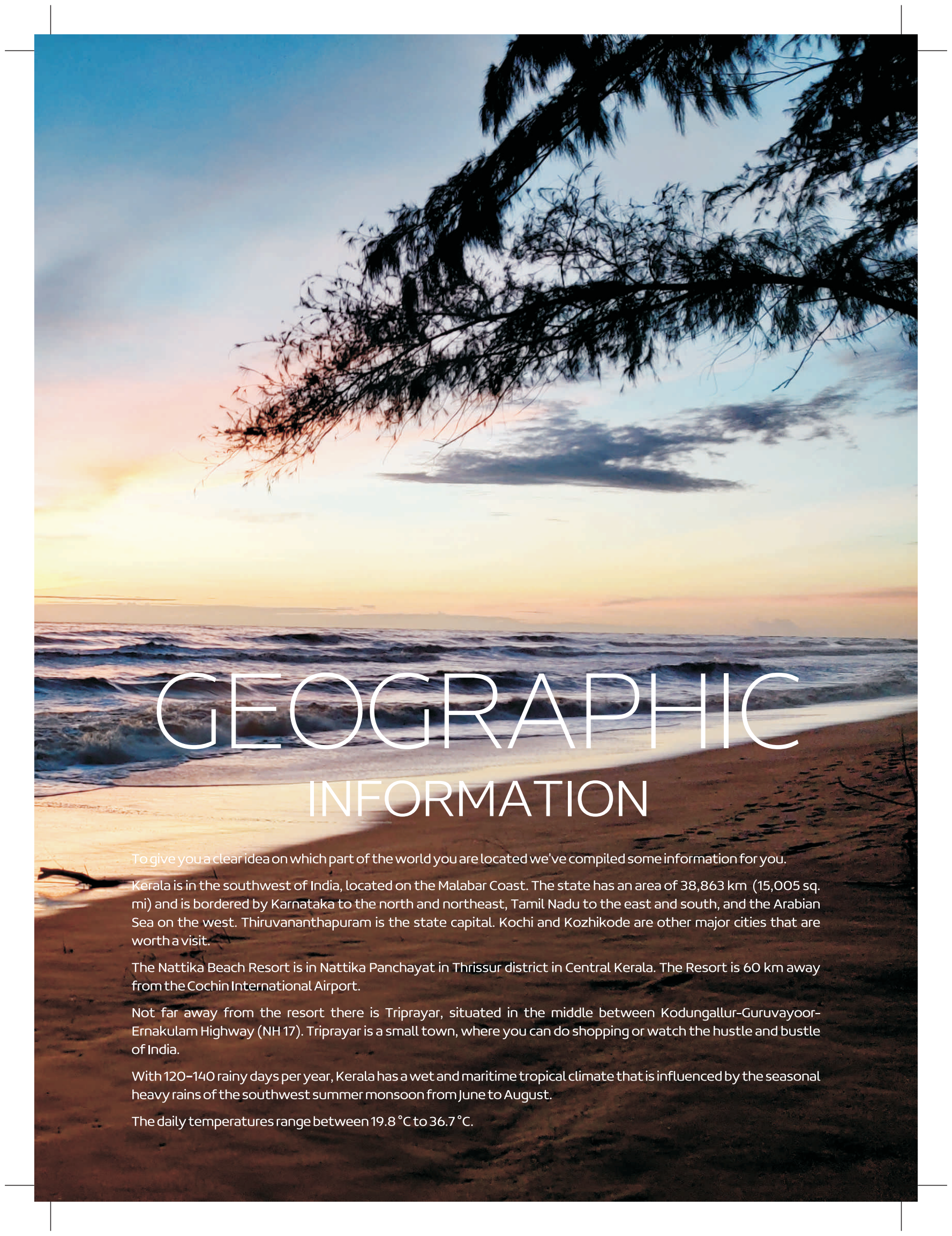
Ayurveda is the core of our philosophy. Our Ayurveda treatments and the tailor-made Ayurveda vegetarian buffet are based on this. Please read this book thoroughly to help you be informed about all that we have to offer to you.

During your stay we hope that the Comfortable Rooms, Open Gardens, Friendly Staff, Delicious Food and the expansive Nattika Beach invite you to dream and relax.

Wishing you a warm welcome.

Team Nattika





GEOGRAPHIC INFORMATION

To give you a clear idea on which part of the world you are located we've compiled some information for you.

Kerala is in the southwest of India, located on the Malabar Coast. The state has an area of 38,863 km² (15,005 sq. mi) and is bordered by Karnataka to the north and northeast, Tamil Nadu to the east and south, and the Arabian Sea on the west. Thiruvananthapuram is the state capital. Kochi and Kozhikode are other major cities that are worth a visit.

The Nattika Beach Resort is in Nattika Panchayat in Thrissur district in Central Kerala. The Resort is 60 km away from the Cochin International Airport.

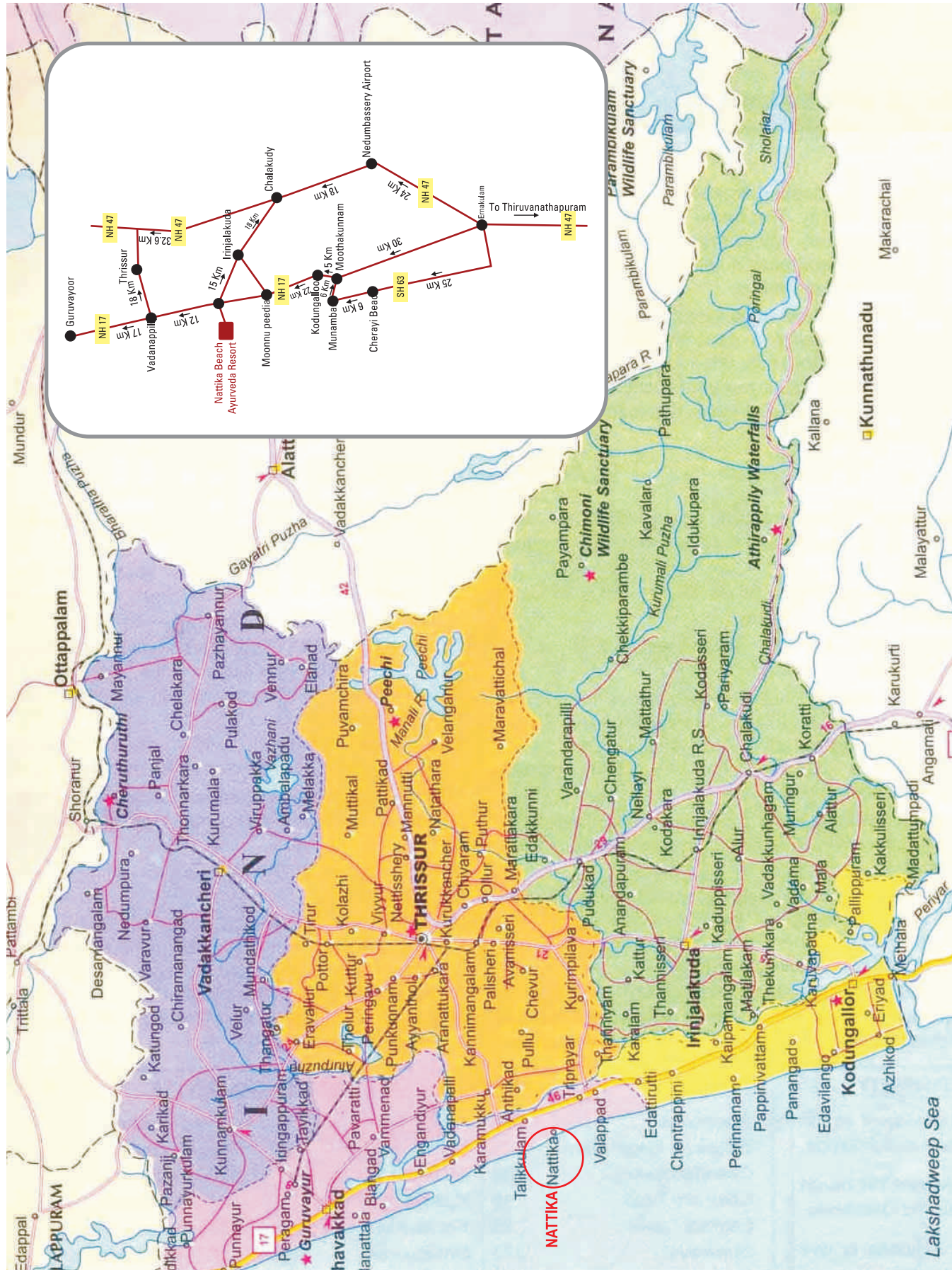
Not far away from the resort there is Triprayar, situated in the middle between Kodungallur-Guruvayoor-Ernakulam Highway (NH 17). Triprayar is a small town, where you can do shopping or watch the hustle and bustle of India.

With 120–140 rainy days per year, Kerala has a wet and maritime tropical climate that is influenced by the seasonal heavy rains of the southwest summer monsoon from June to August.

The daily temperatures range between 19.8 °C to 36.7 °C.



THRISSUR



RESORT LAYOUT | RESORT ANLAGE



AYURVEDA CENTER LAYOUT



ROOMS AT NATTIKA

Our traditional Kerala style Villas come in five categories



Superior Deluxe Villa (101 - 104)

These spacious villas have a large veranda, a bedroom, a dressing area and a bathroom that is open to the sky.



Deluxe Villa (201 - 210)

These independent villas have a spacious living room with a large veranda.



Deluxe Twin Villa-Front Row Direct (323 - 330)

These are the same Deluxe Twin villas in the front row that boast of the stunning direct view of the beautiful sea.



Deluxe Twin Villa (311 - 314) (317 - 338)

These are comfortable double units with separate veranda, entrance & spacious living rooms.



Twin Villa (301 - 310) (315 - 316)

These double unit Twin Villas offer all the facilities as the Deluxe Twin Villas except that they are smaller in size.

All our villas are equipped with air conditioning and fans.
Standard features include Mini-Fridge, TV, Direct dial telephone and Sun loungers.



YOGA



Everyday our yoga instructors conduct several yoga sessions in the yoga hall

MEDITATION

06:00 am to 06:30 am (30 Minutes)

We invite you to achieve complete rest. Meditation regulates the imbalance in Physical body, Mind & Soul. Then you will get an idea about life management.

PROGRESSIVE YOGA SESSION

06:30 am to 07:30 am (60 Minutes)

We invite those who are experienced in asanas and pranayamas to attend this session.

WELLNESS YOGA SESSION

07:45 am to 08:45 am & 04:30 pm to 05:30 pm

We invite those who are not familiar with asanas and pranayamas to attend this session.

Special Session at 10:30 am to 11:30 am

Sunday, Tuesday & Thursday: Yoganidra

Monday, Wednesday, Friday & Saturday: Interactive session

Special Session at 05:30 pm to 06:00 pm

Monday & Thursday: Meditation

Tuesday & Saturday: Mantra Chanting

Wednesday & Friday: Pranayama

Please remember to carry your pool towel with you while coming for yoga sessions.

***Dress: Comfortable clothing.**

Please note that it is mandatory to consult with the yoga master before starting your yoga program so that the master can guide you to choose the most favorable sessions. Your consultation will be done based on the medical report received from your consultant physician. As per your convenience, you can directly walk-in for consultation at the yoga hall anytime.



Our Ayurveda restaurant offers a completely vegetarian Ayurvedic Buffet. The buffet has been prepared keeping in mind the Ayurvedic Diet Principles by our Chefs.

Restaurant timings are as followed:

- » 07.00 am till 10.00 am for breakfast
- » 12.00 pm till 03.00 pm for lunch
- » 06.45 pm till 09.45 pm for dinner.
- » Tandoori dishes are available from 7 pm-9.30 pm every evening at dinner.
- » Alcohol consumption is not recommended in Ayurveda concept; hence Alcohol is neither served in the restaurant nor in the resort premises.
- » Every Tuesday and Friday there is a live cooking demonstration on Ayurvedic and Indian cuisine with our chef and dietician to which we cordially invite you.
- » Indian spices are available for sale, please ask our restaurant team for more information.



LIVING A HEALTHY AYURVEDA DIET

Dear Guest,

During your Ayurveda Cure we aim to provide you with an Ayurveda Diet that is fully in line with the Ayurveda Principles.

Below is a list of essential points that would help you to select the right food for you from our Ayurveda Buffet at Vapika.

Fruits and Fruit Juices

Fruits and Fruit Juices should not be consumed during your meal time. We recommend you to have cooked fruits for Breakfast, Lunch and Dinner. You can consume Fruits and Fruit Juices, at least one hour before / after your Breakfast and Lunch. Consumption of fruits and fruits Juices after the Dinner is not at all recommended.

Yogurt, Lassi and Raitha

Do not consume these heavy milk products in the Morning and

Evening. You may do so for Lunch. We encourage you to have buttermilk instead of Yogurt, Lassi or Raitha.

Raw Vegetables / Salads

You can consume raw vegetables / salads only during the lunch time. It is preferable to have cooked vegetables and steamed vegetables for Dinner. It will be helpful for a healthy digestion. It is not recommended to have salads which contain raw vegetables and dairy products during dinner.

Coffee

We do not recommend coffee when you are in Ayurveda treatment. It will contradict the benefits of rejuvenation and detoxification.

You may notice that in our Ayurveda Buffet spread, some of these items may be present.

These are available in the buffet because the special dietary recommendations may vary for each individual.

Always remember life is full of choices and we encourage you to make the right dietary choices by following our guidelines for an effective Ayurveda Cure.





WHAT IS AYURVEDA?

Ayurveda literally means the knowledge of life created with a vision for the well being and health of all living things. Ayurveda is the oldest health system of mankind and Ayurveda treatises describe three elemental Doshas (Vatha, Pitha & Kapa) and state that balance of Doshas result in health while imbalance results in disease.

VISION OF AYURVEDA

Ayurveda believes in the body's inherent capacity to heal itself. The way of life it advocates is aimed at raising the level of fitness and good health. The influence of the mind on the body is upheld by Ayurvedic Principle. The treatment prescribed by Ayurveda is all - encompassing and takes into consideration, diet, exercise, relaxation massage and so on apart from medicines.



WELCOME TO THE NATTIKA BEACH AYURVEDA CENTRE - SWASTHA



The Ayurveda centre at Nattika Beach Resort was opened in October 2010. Within a short span, the Ayurveda centre has become very popular with our guests who are satisfied with the Authentic Treatments and individual care extended to them.

The Ayurveda department is led by a team of qualified doctors under chief physician Dr. Hema and all our therapists have a profound knowledge in Ayurveda and reflex massage techniques. Further our service includes a German Translator and two dieticians who permanently work in our centre.

Our Ayurvedic Centre is built in such a way, allowing abundance of natural light, fresh air and it consists of Treatment rooms, Steam bath chambers, Consultation rooms, Ayurveda Store, pharmacy, Lounge and Lobby for our guests.

TREATMENT PROGRAM INSIGHT

The treatment program for each guest is unique and designed strictly by the doctors only after considering the imbalance of Doshas, body constitution, presenting complaints etc.

The medicines used for treatments are the best available from manufacturers who comply GMP and ISO norms.

For proper assessment and Treatment diagnosis it is necessary to provide all the information about your health problems, medical reports, history, habits, indulgences and nature preferences. All the patient data provided is private and confidential.

The treatment is accompanied by a diet plan suiting the constitution, complaint and treatments done. The Treatments, diet plan, medicines for regular treatment and consultation will be informed to the guest and this diet recommendation will be given to the Restaurant also. The Treatment time and Consultation Time are fixed on a daily basis. Yoga Asanas are chosen according to the individual needs and after discussing with the Doctor and Yoga Masters.





Beach Lounges **ANANDA AND VISHRAMA**

We have named our beach lounge 'Ananda' which as per the vedas means 'eternal bliss'. We have given this name since we believe that it will be a space for our guests to imbibe joy and happiness. This lounge is intended for the recreational purposes in order to keep one's mind healthy and active.

The twin Lounge 'Vishrama' which as per the Vedas means 'Relaxation' is intended as a place for de-stressing the mind and body. Vishrama provides a comfortable beach side setting for an amazing picturesque of the pine forest and the Arabian sea. Panamanian Teak wood, purple Heart and a pincoda Timber have been used to re-design these two spectacular Lounges by the beach.



Our Sustainable Initiatives

MIYAWAKI FOREST



We have launched our new Miyawaki Forest in our expansive beautiful garden. Our guests have an opportunity to sponsor a tree and get it named after themselves, a loved one or a dear cause.

Miyawaki is a Japanese technique, pioneered by Japanese botanist Akira Miyawaki, which helps build dense, native forests in a very short time period. It involves planting dozens of native species in the same area that becomes maintenance-free in 3 years. The dense forest gardens aid in carbon capture with a low initial cost and positive impact on the environment. With the looming threat of climate change such natural methods even at small scale are to be encouraged. Our micro-forest garden would comprise over 300 trees in a 500 sq ft reserved garden area.

**Contact reception to
sponsor a Tree in our Miyawaki Forest**



RECYCLE AND ECO- FRIENDLY INITIATIVES



COMPLETE TREATMENT OF WASTE WATER

There are a total of 3 Sewage Treatment Plants and 1 Effluent Treatment Plant in the Resort.

FOOD RECYCLING

We have 2 Bio Gas Facilities in our resort. The Methane generator is used for cooking purposes.

PLASTIC FREE RESORT

We use no plastics in the resort. For e.g. all the drinking water is given in recycled sterilized glass bottles for guest usage.

ECO FRIENDLY PLANTABLE PENS

We have launched our own company labelled Eco-friendly pens. These plantable pens are made out of recycled paper waste and has got herbal seeds loaded in the bottom. Once a pen has been used up, it can be directly planted into the soil. These pens come loaded with 5 different varieties of seeds: Spinach, Coriander, Fenugreek, Mustard & Basil and it could be grown in all climatic and soil conditions.

PUBLICATIONS



Our executive chef - Mr. Joshy Sebastian has published two Ayurveda cooking books:

“Lovely Way to Eat” and “Sattva”



Our diet consultant Dr. Nitha Gopalan has published a book on Ayurveda & Diet:

“Diet & Ayurveda”



Herbal Oil

By setting up our own inhouse Ayurveda Oil production facility of 1500 sq feet we improved the efficacy of the Ayurveda treatments and are able to provide a holistic and traditional experience to our guests.

Currently we are producing around 22 different medicated oils, with a monthly output of more than 1000 liters.



A well guided trip to the Organic Garden and The Nattika Life Ayurveda oil manufacturing unit will be organized for our guests every Monday at 11 am and every Friday at 3 pm. Please contact the reception to make a booking.

Essential Oils

The Nattika Life Herbal and Oil Company presents to you "Nattika Essence", a pioneering innovation that combines the science of Ayurveda with Aromatherapy. Our oils are specially blended by our doctors according to our guest's health conditions.

Each essential oil used in aromatherapy has its own array of unique beneficial properties, uses and effects that can help us to heal, stimulate, relax, concentrate, reduce stress, balance our emotional state, and help to manage various health issues.

Our range of ayurvedic herbal oils and blended essential oils are available for online order through www.nattikalife.com

Or

- Purchase from the reception at
- Nattika Beach Ayurveda Resort
 - Rockholm at the Light House Beach



Achievements & Awards



National Accreditation Board for Hospitals & Healthcare Providers

(Constituent Board of Quality Council of India)

Scope of Accreditation

Nattika Beach Ayurveda Hospital
Thiruvananthapuram - 695566, Kerala

Certificate No. AH-2019-0077
Valid from : January 15, 2023
Valid thru : January 14, 2026

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| Panchakarma
Poorvakarma
• Annapachana
• Rookshana
• Snehana
• Swedana
Pradhanakarma
• Vamanam (Emesis)
• Virechanam (Purgation)
• Nasyam (Nasal therapy)
• Anuvasana Vasti (Oil enema)
• Asthapana Vasti (Medicated Decoction enema)
Paschatkarma
• Rasayana Chikitsa
• Samsojogana Karma
• Shamanadi Chikitsa
Special Panchakarma Procedures
• Kriya Kalpa
• Multavasthi
• Syeda | • Shirovasthi
• Shirodhara
• Udhawartana
• Dhupan
• Pichu
• Grubhasanskara
Clinical Services
• Kayachikitsa (General Medicine)
• Shalakyaantari (Eye & ENT)
• Jara Chikitsa (Geriatrics)
• Vajeevakama Chikitsa (Aphrodisiacs)
Other Services
• Dietetics
• Meditation
• Yoga |
|---|---|

NABH is an organization is ISO9001 Accredited

Dr. Harish Nadkarni
Chief Executive Officer



Top 25 Hotels - India



Top 25 Hotels - India



Special Guest Initiatives

During your stay with us, we are happy to invite our guests to share their Knowledge & Talents with others guest & Team members.

For more details or assistance please dial - 9



Dr. Ashok Mehta's interactive art workshop Values in Health care a spiritual approach



Mr. Manuel Philipp Vollmin's Yin Yoga session



Dr. Biren Patel's artwork on the topic "Emergency Medicine for children "



Ms. Anne Rose's interactive art workshop to our guests and staff for finding new ways for work and life balance.

PLACES YOU MAY LOVE TO VISIT



KOCHI TRIP - CULTURAL HERITAGE TOUR & SHOPPING

- Trip Duration : 08 Hours (Trip starts at 09:00 am)
- Travelling Time from the resort To the destination : 02 Hours
- Places to be Visited : Kerala folklore museum - Fort cochin Beach and First European Township in India - Mattancherri - Jewish Synagogue, Jewish Street, Dutch Palace & Museum, St.Francis Church, Shopping at LULU Mall
- Trip package : 5000/- INR For max.2 pax
(500/- INR for every additional pax)



THRISSUR TRIP - CULTURAL HERITAGE TOUR & SHOPPING

- Trip Duration : Approximately between 4-6 hours
- Travelling Time from the resort To the destination : 01 hour
- Places to be Visited : Vadakkunnathan temple, Basilica of Lady Dolores, Mural Painting Museum, Shopping at Malls & Local shops
- Trip package : 2750/- INR For max.2 pax
(500/- INR for every additional pax)



ATHIRAPALLY TRIP

- Trip Duration : Approximately between 6-8 hours
- Travelling Time from the resort To the destination : 02 hours
- Places to be Visited : Athirapally waterfalls, Vazhachal Waterfalls & Thumboormuzhi Garden.
- Trip package : 5000/- INR For max.2 pax
(500/- INR for every additional pax)



KERALA KALAMANDALAM

- Trip Duration : Approximately between 6-8 hours
- Travelling Time from the resort To the destination : 02 hours
- Places to be Visited : Kerala Kalamandalam
- Trip package : 5000/- INR For max.2 pax
(500/- INR for every additional pax)



THRIPAYAR TOUR

- Trip Duration : Approximately between 3-4 hours
- Travelling Time from the resort To the destination : 15 Minutes
- Places to be Visited : Thripayar Raman Temple, Vishnumaya Temple & Shopping at Y Mall & Local shops
- Trip package : 1750/- INR For max.2 pax
(500/- INR for every additional pax)



NIRAMAYA SOUVENIR SHOP

Something for Everyone



Niramaya - Your one stop shops for happiness!!!

To reminisce and hold evidence of the fantastic experience and make your family and friends feel special. Niramaya is the perfect destination for you within the premises who are seeking for traditional artisan crafts, antique collections, books, traditional garments and a vast range of Ayurveda beauty and wellness products.

Hereby highlighting a few products, we promote the following items:

Copper bottles: Ayurveda recommends to drink water in copper bottles/vessels as it has antimicrobial, antioxidant, anti-carcinogenic and anti-inflammatory properties to boost the immunity.

MEDICINAL CLOTHING: CLOTHES FOR HEALING MORE THAN FASHION

These fabrics have therapeutic value in ailments like skin allergies, breathing problems, sleeping disorders and blood pressure.

HANDICRAFTS: Local handicrafts from all over India which include incense stick holders, jewellery boxes, elephants carved on wood, oil lamps, trays, antiques etc.

COSMETICS: We promote Ayurveda based beauty products which are safe for skin, free from all chemicals, cruelty free and vegan.

INCENSE STICKS: 100% Natural handmade incense stick which holds the power to cleanse the air, relax your nerves and alleviate your mood.

POSTCARDS: Choose variety of postcards to send greetings to your loved ones back home.



BEACH SAFETY GUIDELINES

The security guards deployed at our beach area will try their best to ensure your safety and privacy but they won't be accountable for any untoward incident if occurred beyond their limits of surveillance.

Refrain from strangers at the beach who may solicit you for taking selfies or if approached as a local guide.

If any strangers approach you with any illegal substances, please report it to the guards and also at the reception.

Do not get playful with stray dogs anywhere as they could be non-friendly at times.

Swimmers must be aware of the strong currents and not swim out too far. Stay within your swimming capabilities.

Watch out for the safety flags at the beach which indicates:

1. **Red Flag: Danger!!! Never go in the water under any circumstances.**
2. **Green Flag: Safe to go for swimming.**

NATTIKA WIFI CONCEPT

We at Nattika, believe in providing a holistic environment conducive for your treatment.

It is indeed very important to stay connected and be disconnected at the same time, hence in order to help you achieve your treatment goals as well as accomplish your online duties, we have developed a Consenting Wifi Policy.

During your first consultation, you may request your doctor to provide approval for activating the Wifi

service in your room. If it is deemed productive to your overall stay, the information for allowing Wifi in your room will be provided to the IT team and the needful will be done.

Therefore Wi-fi will be made available to only those who wish to get the facility with the consent of your consulting doctor.

Use our common Wi-Fi at the Reception and the Beach lounge.



NAKSHATRA VANA

NakshatraVanam literally means the forest of Stars. It is a concept of mythological garden comprising of 27 species of trees, each representing a zodiac star of Indian philosophy.

There are 27 stars and every individual has a star assigned to him/her depending on the date and time on which he/she was born. Each star represents a tree. This tree keeps giving energy to the particular person who was born during that particular star. So any ailments or health problems are present, it is believed that spending time or caring that particular tree, corresponding to their star gives relief to the person

So the presence of a complete set of 27 trees directly creates a healthy and sound physical, mental, psychological and spiritual being which is the ultimate and absolute bliss to oneself and to the Earth too.

An informative tour of the garden will be conducted on every Wednesday at 04:15 pm. Please contact the reception to make the booking.



BICYCLES

“You are one ride away from a good mood”

Take the opportunity to explore the area on bicycles. Find them at the front of the reception which are absolutely free of cost.

NEWSPAPER

“A good newspaper is a Nation talking to itself”

The daily newspapers are kept at the reception and on request we bring them to your room.

CURRENCY EXCHANGE SERVICE

Current exchange rates are mentioned on the information board at the front desk. You can exchange Euros, British Pounds, U.S Dollars and Swiss Francs between 09:00 hrs and 18:00 hrs. For sum exceeding Rs.14000/- please inform at the reception a day prior.

SWIMMING POOL

“Enjoy, relax, soak and unwind.”

Our Swimming Pool is equipped with in-built Jacuzzi and is open every day from 7:00am to 7:00pm.

Contact the reception if you wish to use the Jacuzzi.

MOSQUITO CONTROL

We do a natural fogging of the entire resort and the rooms. The smoke from the Frankinsense helps to repel the mosquitoes. We also provide mosquito nets for the beds on request.

SEA KAYAKS

You will find the kayaks on the beach.

Please note that the use of sea kayaks is at your own risk.

Always wear the life jacket.

Kindly read the warning board placed at the beach.

NAMASTE: THE INDIAN WAY OF WISHING EACH OTHER

We treat our guests with utmost respect and hospitality: Atithi Devo Bhava (consider Guest as a God) is a motto that we follow with utmost dedication and compassion. So, wishing or greeting each other in our resort is considered virtue.

We believe in the ancient and traditional form of greeting- 'Namaste'.

The gesture is a sign of respect and is used by men and women when meeting members of the same or opposite sex.

We urge you to follow the same principles during your stay with us.

TIPPING POLICY

Quality service is customarily acknowledged at our resort by gratuity which should be purely made at One's discretion.

We have two separate tipping points at our resort:

1.Ayurveda Tipping Box: At the Ayurveda centre: If any guest wish to tip a particular therapist or a doctor, they could simply put the desired amount inside a sealed envelope with the name of the therapist or the doctor and drop it inside the tip box at the Ayurveda Centre. The guests can even commonly tip the staff in Ayurveda by simply dropping the enclosed amount in the tip box.

2.Resort Tip Box: At the Reception and Restaurant.

We believe in the team work and therefore the tips put into either of these boxes will be shared among each and every staff of the resort excluding the Ayurveda therapists and the Doctors as they have their own Tip box at the Ayurveda Centre. The tips are shared based on the tip eligible criteria entitled for each staff fairly decided by the resort management.

The guests are requested not to tip the resort staff individually.



BEACH BEDS AND HAMMOCKS

"Life is better on a hammock"

The beach beds and hammock invite you for relaxing.

ETIQUETTES

Guest are allowed to use their electronic gadgets at the reception and the lounges excluding the restaurant.

To ensure pristine peace and tranquillity, guests are requested to not create any inconvenience to any other fellow guests by creating loud noise over cell phone or laptops during video calls or while listening to music.

Guests are requested to wear adequate clothing when they are in public areas such as the beach, restaurant, reception, lounges, etc.

It is forbidden to visit the restaurant or the reception in swimwear, in a pair of swimsuits, without shorts or pants.

SMOKING AND ALCOHOL: INJURIOUS TO HEALTH

Ayurveda advocates a lifestyle free from alcohol. So till the time you stay at our resort and even after that if possible, please adhere to the healthy habit of leading to a tobacco and alcohol free life.

Smoking & Alcohol are strictly prohibited inside the premises of the resort.



DAILY ACTIVITIES FOR OUR GUESTS



MONDAY

Oil factory and organic garden visit at 11 am

Live demonstration of medicinal oil making and visit to our organic garden.

Herbal garden visit at 4 pm

Our Ayurveda doctor will take you around the herbal garden at the Ayurveda center for pleasure and inspiration. It's a unique interactive experience for all ages.



TUESDAY

Miyawaki Forest & Nakshatra Vana Visit at 11:00 am

Our Ayurveda Doctor will take you around the Miyawaki Forest & Nakshatra Vana at the resort premises for Pleasure & inspiration. It's unique interactive experiences for all ages.

Cooking demo class at 3 pm

Join our talented chef for the Ayurvedic cooking demo classes at the Vapika every Tuesday. Class includes a cooking demonstration, sample of featured dish and recipe to take home.



WEDNESDAY

Vaidyaratnam Ayurveda Museum Trip at 02:30 pm (Charges Rs. 1000 per person)

Kerala's traditional wisdom in healthcare to a great extent is based on the principles of Ayurveda. Contact Reception to make the booking.

Sitar Musical Concert at 7 pm (VaPiKa restaurant)

Relish your dinner to the enchanting tunes of Sitar as the performers will leave you sublimed to the best of Indian classical ragas.

THURSDAY

Tea Time get together at 5 pm

The cozy lounge by the beach side sets the ideal backdrop for a casual get together and you can mingle over a cup of tea, freshly made juices and healthy snacks.

Mehandi Art at 5 pm

Mehandi is a natural form of body art and temporary skin decoration, it is often used to celebrate momentous occasions, especially weddings. Made from the Henna leaves extracts, these leaves of the Henna plant contain a red-orange molecule, lawsone, which has the ability to temporarily stain the skin, hair and nails. Before hair dyes and tattoos made a mark in the world of beauty products, henna leaves were dried and ground into a powder, mixed into a paste and applied using a variety of techniques. Also it helps to reduce stress and body heat.





FRIDAY

Oil factory and organic garden visit at 3 pm

Live demonstration of medicinal oil making and visit to our organic garden.

Chef cooking demo class at 5 pm

Join our talented Chef at Vapika for Healthy cooking class, where he demonstrates quick and easy techniques of healthy cooking and samples the featured dish.

SATURDAY

Our Lady of Dolour's Basilica alias Puthenpally church & Peringottukara Sree Vishnumaya temple - 2:30 pm (Charges Rs.1500 per person)

Our Lady of Dolour's Basilica alias Puthenpally church is the tallest church in India and the third tallest in Asia it was constructed in 1814. It is famous for its Gothic style architecture. Its exuberant interior decorations include fine specimens of murals, icons and statues of saints, and scenes from the Scriptures.

Thrissur is also called hub of Gold. Every year 500kg's of Gold & Silver jewellery are manufacturing from this city. Experience shopping of local artisan's handmade designed jewellery in the Thrissur's jewellery market.

Peringottukara Sree Vishnumaya temple continues to attract not only devotees but a horde of tourists and travellers from across the globe. It is the lofty Thanjavur model architecture of the interior as well as the exterior of the temple that enchant the visitors. The prime attraction of the exterior part of temple is the splendid sculptures.

Classical Instrumental music at 7 pm

Relax and Enjoy the Indian Instrumental music while you savor a delicious dinner at the VaPiKa.

Bonfire at the Beach from 9 pm onwards

Come and relax at the beach with the sounds of the waves in serene surroundings and gather around a nice and cozy bonfire.

SUNDAY

Group Bicycle Ride - 10 kms - at 11 am

Cycle through the countryside of Nattika Beach and explore the vivid flora and fauna present, enjoy the refreshing surroundings, rich with nature's unspoiled beauty.

Ayurveda Lecture at 4:15 pm

Our Ayurveda doctor will share information and enlighten you on the different aspects of Ayurveda in this lecture held at the Lounge in the Ayurveda Center.



THE NATTIKA BEACH

AYURVEDA RESORT

We are not your real hosts. The nature - plants, animals & birds around you are your hosts. Please embrace their existence & respect their hospitality.

Our resort offers a spectacular view of untamed nature in all its manifestation of flora and fauna. The Migratory and local birds can be both seen and heard around the resort. Our lush tropical garden amid the canopy of 1800 palm trees with rich vegetation and abundant birdlife will leave you with an incredible healing and transformative experience.

Frequently spotted birds - Crows, Ravens, Malabar Trogon, Greater Coucal, Bulbul, Mynas, Barn Owl, Hornbills, Great Heron, Pigeon, Eagles, Kingfisher, Peacocks

Frequently spotted animals - Palm squirrel, Geckos, Civet Cats, Chameleon, Indian toad, Bengal Monitor, Mongoose, Indian flying fox (occasionally in the nights)

Botanicals

Periwinkle	Java plum/ Malabar plum	Coconut tree	Malabar ebony
Indian beech	Hibiscus/ shoeflower	Teak	Silk cotton tree
Malabar tamarind	Golden torch	Plaintain	Spider lily
Blackboard tree/Devil tree	Indian tree of heaven	Acacia	Frangipani
Mango tree	Ixora long	Cashew tree	Jungle flame
Castor	Oleander	Rosewood	Custard apple
Neem tree	Yellowbells	Areca palm	Antorium
Jasmine	Bamboo	Guava tree	Rose- Rosa

Enjoy your stay in the lap of nature. Get refreshed by the sea breeze. Listen to the lullabies of nature. This is your break from all electronic devices. This is your cocoon of silence.

Please help us maintain this special ambiance for you. Please do not engage in any activities that disrupt or disturb the harmony that we have designed for you, just sit back & relax.





MYSTIC INDIA TOURISM

CB-186, 01st Floor, Near Indian Petrol Pump, Naraina Ring Road, New Delhi-110028, India

Contact No. +91 - 11 - 49287133, 8130 883 271

Whats App. +91 - 9873 983 375

Email Id: info@mysticindiatourism.com

www.mysticindiatourism.com