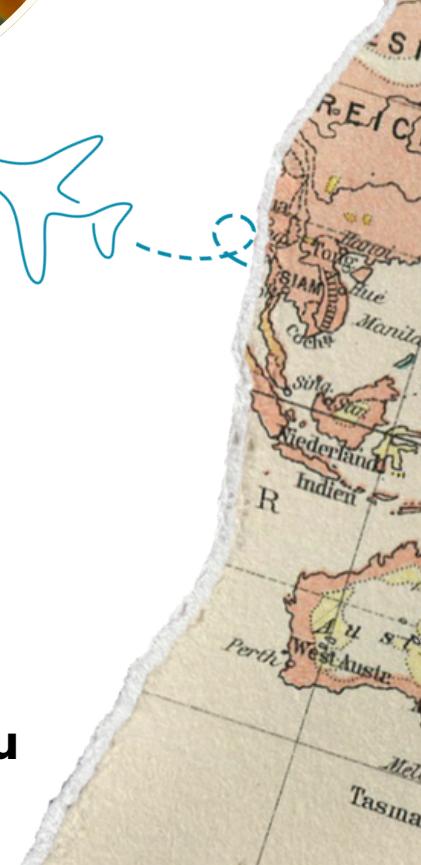




South India - Yoga Retreat

Detailed Itinerary

23 Feb to 06 Mar, 2026 | Kerala & Tamil Nadu



About the Trip

Kerala & Tamil Nadu | 13 Nights, 12 Days | Feb-Mar 2026

This immersive journey blends a deep passion for yoga with cultural, spiritual, and nature-based exploration across southern India. Each day, the journey unfolds through a host of hands-on activities - classical arts performances and hands-on workshops in forms such as Bharatanatyam, Mohiniyattam, and Kalaripayattu, alongside other reflective and creative sessions. Cultural immersion is deepened through temple visits, vibrant markets, historic towns, and shared meals, while guided nature trails, visits to spice, tea, and forest landscapes offer opportunities to observe wildlife and connect with the natural world. Thoughtfully paced and richly layered, the journey invites participants to slow down, explore with curiosity and nurture body, mind, and spirit.

You will stay in comfortable, thoughtfully chosen accommodations in **Kochi**, **Madurai**, and the hill landscapes of **Vandanmedu** and **Munnar**, each selected for their serene setting and beautiful views. These handpicked spaces offer ample room and a calm atmosphere to support daily yoga practice, meditation, and quiet moments of rest and reflection.



Map & Destination Information



Kochi

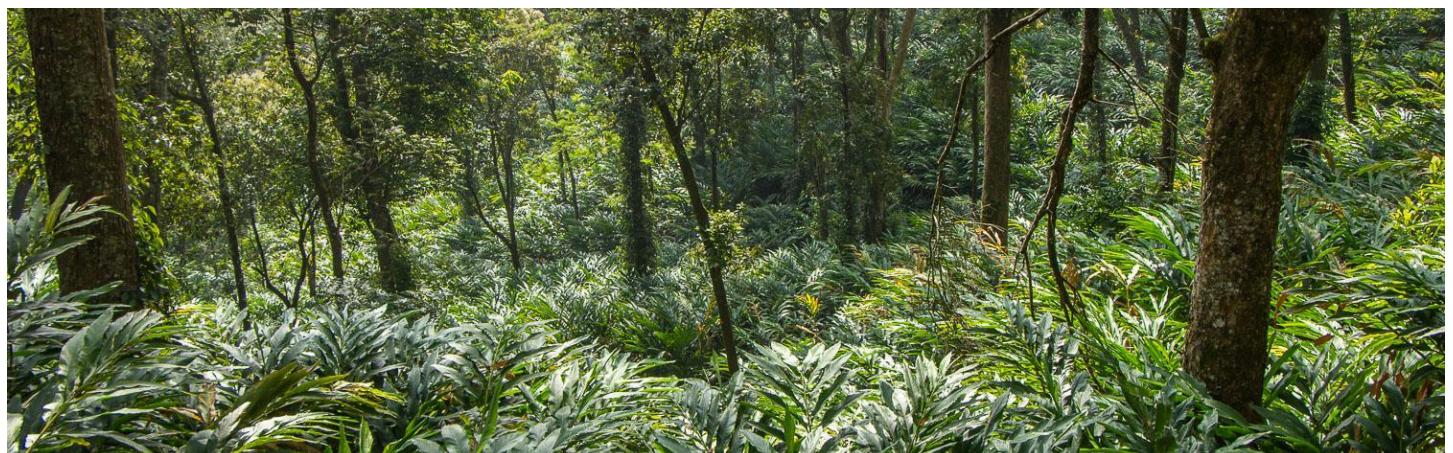
Kochi is a coastal town shaped by centuries of exchange, where the rhythms of the sea have long brought people, ideas, and traditions together. From ancient times, its natural harbour made it one of India's most important trading ports, attracting merchants from Arabia, China, and later Europe. These encounters left behind layers of history that are still visible today, creating a town that feels both deeply rooted and quietly cosmopolitan. Walking through Fort Kochi, you encounter this history at an unhurried pace. Narrow streets are lined with Portuguese-era churches, Dutch homes with tiled roofs, and colonial buildings that speak of Kochi's time under European influence. The iconic Chinese fishing nets along the shoreline reflect even older connections with East Asia and remain a living symbol of how livelihoods here have always been intertwined with nature, tides, and patience.

Kochi is also a vibrant centre of Kerala's classical arts and spiritual traditions. It has long supported forms such as Kathakali, Mohiniyattam, and Kalaripayattu, each rooted in discipline, storytelling, and embodied awareness. Ayurveda and temple rituals continue to shape daily life, offering a worldview that values balance between body, mind, and environment. For visitors on a yoga retreat, Kochi provides a gentle cultural context where movement, mindfulness, and tradition naturally align. Beyond monuments and performances, the town's spirit is found in its everyday moments. Spice-scented markets, ferry rides across quiet backwaters, and conversations over local meals all reveal a culture that is welcoming and reflective. Kochi invites you to slow down, observe, and absorb, making it an ideal gateway for a journey that blends inner exploration with a rich external landscape.



Periyar and Vandanmedu

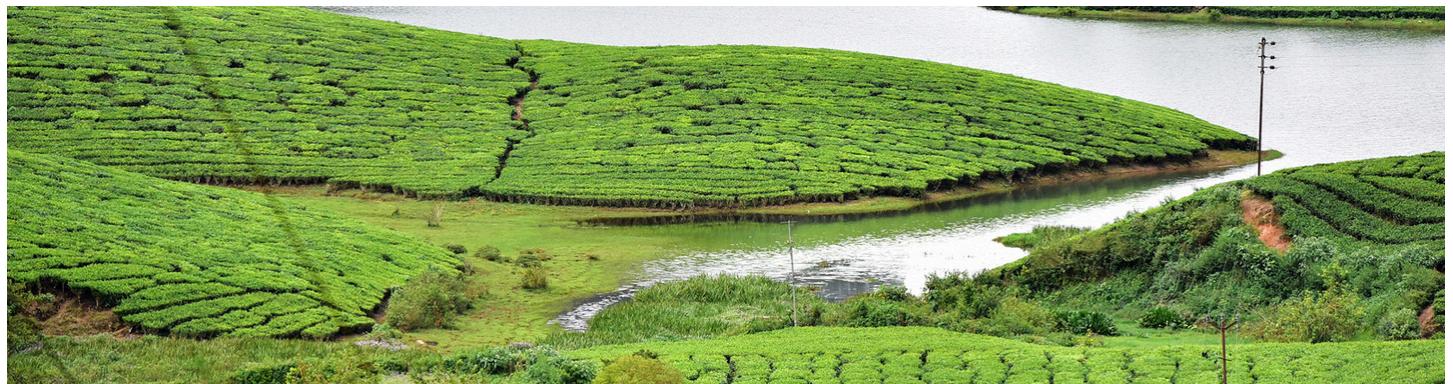
The Periyar region lies high in the Western Ghats, where forested hills and misty valleys have shaped life for centuries. Historically, this area formed part of ancient mountain routes linking the Tamil plains with the Malabar coast, supporting the movement of spices, forest produce, and cultural traditions closely tied to the rhythms of nature. Vandanmedu is especially known for its spice estates, with cardamom cultivation defining both its economy and landscape. Colonial-era plantation development introduced new communities and influences, blending with older local knowledge that continues to guide agricultural life today. The scent of spices and the steady pace of estate work remain central to the region's character. The surrounding hills and the Periyar River have supported indigenous communities for generations, while the creation of the Periyar Wildlife Sanctuary reinforced a legacy of coexistence between people and wildlife. Together, these towns reflect a culture shaped by forests, seasons, and a deep respect for the natural world.



Munnar

Munnar is a hill town set in the high ranges of the Western Ghats, a global biodiversity hotspot where grasslands, shola forests, and tea estates exist alongside rich wildlife habitats. These highlands supported diverse plant and animal life and were used seasonally by local communities who moved with forest cycles. The colonial-era expansion of tea estates reshaped the landscape, yet pockets of native forest remain, providing refuge for species such as Nilgiri Tahr, sambar, elephants, and a wide range of endemic birds like the Palani Laughingthrush, White-bellied Sholakili, Black-and-Orange Flycatcher, and some fascinating amphibians.

The surrounding hills and valleys play a crucial ecological role, forming catchments for major rivers of Kerala and Tamil Nadu and supporting complex food webs. Protected areas such as Eravikulam National Park highlight efforts to conserve these fragile ecosystems, where mist, altitude, and seasonal rains govern life. For visitors, Munnar offers a landscape where human presence and wildlife continue to intersect, creating a setting defined as much by ecological richness as by its cultivated hills.



Madurai

Madurai is one of South India's oldest continuously inhabited cities, with a history that stretches back over two millennia. Often described as the cultural capital of Tamil Nadu, it grew as a major centre under the Pandya dynasty, whose rulers patronised literature, temple-building, and trade. The city was carefully planned around the Meenakshi Amman Temple, which remains the spiritual and geographic heart of Madurai and reflects a worldview where civic life and sacred space are deeply connected.

The Meenakshi Amman Temple is not only an architectural landmark but also a living centre of ritual, art, and devotion. Its towering gopurams, covered in thousands of vividly painted sculptures, narrate stories from Hindu mythology and local tradition. Daily ceremonies, music, and festivals have continued here for centuries, shaping the city's rhythm and reinforcing Madurai's role as a hub of Tamil religious and cultural life.

Beyond the temple, Madurai has long been a centre for classical Tamil literature, music, and scholarship. Bustling streets, traditional markets, and neighbourhoods organised around crafts and trade reveal a city that has evolved without losing its core identity. Madurai offers visitors an experience of urban life where history is not confined to monuments, but actively lived through ritual, language, and everyday practice.





Detailed Trip Itinerary

The tour takes you through the breathtaking landscapes of Southern India, from coastal cities, to the plains, and the high elevations of the Western Ghats



Day 1, Feb 23 : Arrive at Napier

Arrive at the destination at Napier Heritage, Fort Kochi. On arrival, a morning at leisure in preparation for the afternoon's events, followed by a short meet and greet over lunch. After lunch, the evening unfolds as a curated cultural experience at the venue. It begins with a Kathakali makeup demonstration, offering insight into the intricate process, symbolism, and discipline behind this classical theatre form. This is followed by live performances of Kathakali, Kalaripayattu, and Theyyam, each showcasing distinct traditions of storytelling, movement, and ritual from Kerala.

Stay: Napier Heritage, Fort Kochi

Meals: Breakfast, Lunch, Dinner

Day 2, Feb 24 : Explore Kochi's Culture & Traditions

Post breakfast and morning yoga, a Mohiniyattam workshop at 9:30am. The workshop offers an introduction to this graceful classical dance of Kerala, tracing its roots in temple traditions and storytelling, while guiding participants through basic posture, expressive hand gestures, facial expressions, and simple movement sequences that convey emotion and narrative. Post lunch at one of Kochi's traditional restaurants, an autorickshaw ride around old Kochi in the afternoon. In the evening, a boat cruise around the Kochi harbour and its waterways offer a unique perspective of this city surrounded by waterways.

Stay: Napier Heritage, Fort Kochi

Meals: Breakfast, Lunch, Dinner



Day 3, Feb 25 : Explore Kochi's Culture & Traditions

After breakfast and a morning yoga session, set out to explore Fort Kochi, where centuries of history unfold along quiet streets and seaside promenades. Following lunch at a local restaurant featuring regional flavours, the afternoon is reserved for rest and rejuvenation. Unwind with a traditional Ayurvedic massage, included as part of the program, rooted in Kerala's ancient healing systems and designed to release physical tension and restore balance.

[Stay: Napier Heritage, Fort Kochi](#)

Meals: Breakfast, Lunch, Dinner

Day 4, Feb 26 : Kochi to Vandanmedu

Post breakfast and morning yoga, set out to the Carmelia Haven resort at Vandanmedu, in the fringes of Periyar Tiger reserve. Lunch at the resort on arrival, followed by a short cooking workshop where you'll learn to make some of Thekkady's local cuisine. The workshop is followed by a visit to a nearby spice plantation and nature walk, where you'll have the chance to see a number of cultivated spices, in addition to the birds and other fauna that inhabit these shaded plantations. An optional night walk around the property for a chance to see owls, amphibians, and more!

[Stay: Carmelia Haven, Vandanmedu](#)

Meals: Breakfast, Lunch, Dinner

Day 5, Feb 27 : Explore the hills of the Western Ghats

An early morning visit to the Kailasapara hilltop, with a chance to hike in some lush, mid-elevation forests of the Western ghats. You'll also catch a glimpse of the shola-grassland mosaic from the hilltop, a habitat found nowhere else in the world that is endemic to a number of birds, amphibians, flora, and fauna unique to the region. Post a hike around the hilltop, enjoy morning yoga and a packed breakfast on the hilltop. Lunch at the resort on returning. Post lunch, some drives and exploration of the Idukki countryside.

[Stay: Carmelia Haven, Vandanmedu](#)

Meals: Breakfast, Lunch, Dinner



Day 6, Feb 28 : Vandanmedu to Madurai

After breakfast and a morning yoga session, drive to Madurai (3.5h). A stop for lunch en route before checking into the Marriott, Madurai. Later in the evening, visit the Meenakshi Amman Temple to observe the night ritual, when the temple comes alive with music, chants, and ceremonial processions. This ritual marks the symbolic closing of the day and offers a quiet yet powerful glimpse into Madurai's living temple traditions.

[Stay: The Marriott, Madurai](#)

Meals: Breakfast, Lunch, Dinner

Day 7, Mar 1 : Madurai's Ancient Charm

Set out early in the morning to explore Madurai's vibrant local flower markets, where daily rituals, colour, and commerce come together in the early hours. This is followed by a visit to the Meenakshi Amman Temple and the Nayak Palace, offering insight into centuries-old architectural styles, sacred geometry, and royal design traditions that have shaped the city. After lunch, participate in a Bharatanatyam workshop hosted by Anuradha, introducing the history, structure, and expressive foundations of this classical dance form. The evening is at leisure, followed by dinner and an overnight stay at the hotel.

[Stay: The Marriott, Madurai](#)

Meals: Breakfast, Lunch, Dinner

Day 8, Mar 2 : Madurai to Munnar

After breakfast and yoga, drive to the Tall Trees Resort, Munnar (4.5h). Lunch at the resort on arrival, followed by a short nature walk around the property in the evening to spot birds, flora, and fauna the region has to offer. A short presentation on the endemic birds of the Western Ghats to end the day. Dinner and overnight at the resort.

[Stay: Tall Trees Resort, Munnar](#)

Meals: Breakfast, Lunch, Dinner



Day 9, Mar 3 : Munnar's Tea Plantations

After breakfast and a morning yoga session, visit a local tea plantation for a firsthand insights into how tea is cultivated and processed, with some tea tasting at a nearby factory. Post lunch, a drive through the countryside to Aanakulam (2h), a town in Idukki, for a chance to see the region's wild elephants from up close. Dinner and overnight at the resort.

Stay: Tall Trees Resort, Munnar

Meals: Breakfast, Lunch, Dinner

Day 10, Mar 4 : Shola Forests and the Srishti Trust

Post breakfast, a morning visit to a nearby patch of shola forest in the high elevations of the Western Ghats, for a chance to spot some of the regions endemics: White-bellied Sholakili, Black-and-Orange Flycatcher, Palani Laughingthrush, Nilgiri Wood-Pigeon, and more. Lunch at the resort, followed by a visit to the Srishti Trust, an organization where the differently abled make handicrafts. Dinner and overnight at the resort.

Stay: Tall Trees Resort, Munnar

Meals: Breakfast, Lunch, Dinner

Day 11, Mar 5 : Munnar to Kochi

After breakfast and yoga, enjoy a morning at leisure at the Tall Trees Resort, Munnar (4.5h). After a relaxed lunch at the resort, depart to Kochi (4h). In the evening, a gala dinner to end the trip at Kochi.

Stay: Flora Airport Hotel, Kochi

Meals: Breakfast, Lunch

Day 12, Mar 6 : Kochi Airport, for onward journey

Transfer to the airport before your scheduled departure for your onward journey. Your tour leader will assist you for your airport transfers; it is advisable to get to the airport 2.5h before domestic departures and 3.5h before international departures.

----- End of Trip -----

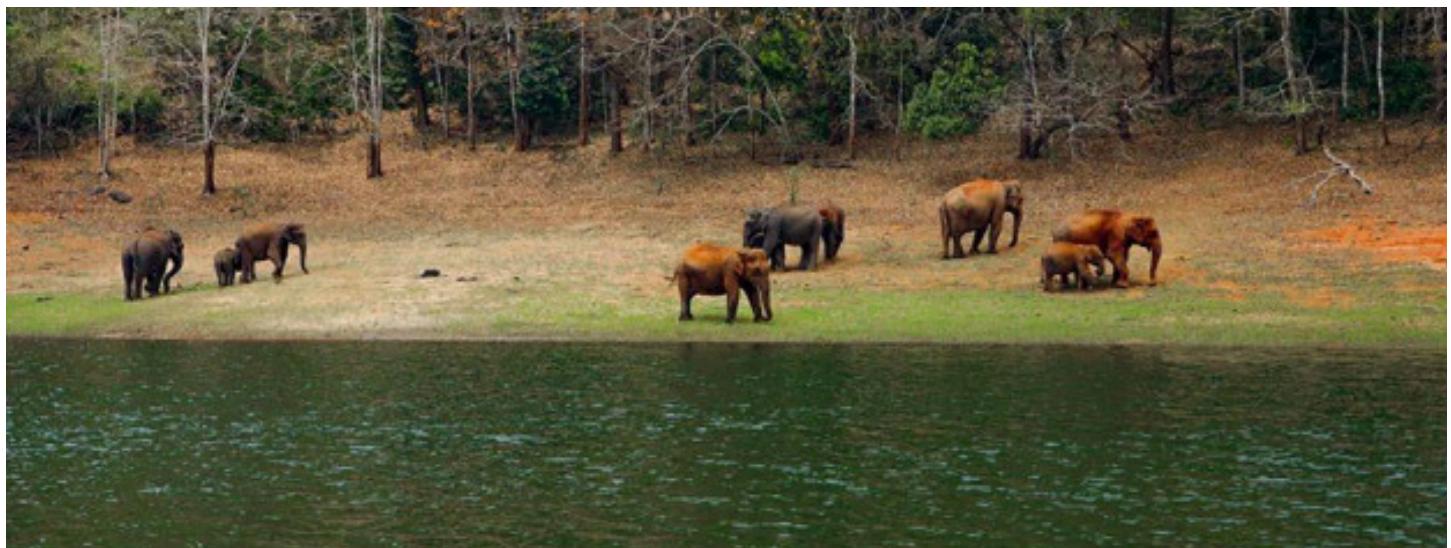


Things to Carry

- Passport (mandatory for all foreign visitors)
- Personal Yoga Mats
- Binoculars and camera (if you have, this will augment your experience)
- Flashlight with batteries/ extra batteries.
- Personal medication and toiletries.
- Insect repellent (make sure it's one for tropical conditions).
- Sunscreen
- Hats/ cap, sun glasses, and scarf. A shawl, while visiting places of worship
- Comfortable clothing is important, something that you can be active in.
- Shoes and or sandals made for easy walking.
- Swimwear if you intend to use the pools.
- A jacket or fleece sweater. Early mornings can be very cold.
- A cloth or plastic bag to cover your gear i.e. cameras and binoculars as it may get dusty during drives.
- Water bottle, preferably a flask.
- A small backpack/ daypack (it helps organise your stuff better).
- Extra memory cards for your camera and batteries/chargers for your gadgets.
- Carry cash for souvenirs and contingencies, ATM availability is limited outside of cities.



**This is a general guideline. We recommend checking the latest weather forecasts prior to departure and packing accordingly based on personal requirements and prevailing conditions.*



Contact Information:

Peregrin Expeditions (a unit of Peregrin Edventures)

Operations and ground handling: Haridutt Sanwal | +91 9910065198 | operations@peregrinedventures.in

Office address:

202, Griha Udyaan 1, Kanakashree Layout, Kannuru, Bengaluru - 560064, Karnataka, India

Contact: +91 98403 91671

