



Being Joy Yoga Retreat: A Journey into the Heart of South India 2026

Travel Itinerary

DAY 1 - Feb 23: Arrival and Theater in Kochi

Arrive from your home country in Kochi. Welcomed at the Kochi airport and escorted to a hotel in Fort Kochi. Lunch and downtime. Evening visit a theatre for a cultural performance and introduction in Kathakali, Kalaripayattu and Mohiniyattam.

DAY 2 - Feb 24th: Performing Arts Workshop

After breakfast, participate in a workshop on Mohiniyattam and Kalaripayattu by artists who performed the previous evening. The workshop will take place in a theatre in the Fort Kochi area, followed by lunch. In the afternoon enjoy a relaxing Ayurvedic massage at the hotel. Evening two hour guided boat cruise around the Kochi harbour and waterways.

DAY 3 - Feb 25th : Heritage of Kochi

Post breakfast tour of this old trading city including visit to the Jewish Synagogue, Mattancherry palace, Jew street, St Francis church and the chinese fishing nets. We will have Lunch at a local restaurant. Evening auto-rickshaw ride in Old Kochi.

DAY 4 - Feb 26th: Countryside Kerala

After breakfast drive to Thodupuzha. We homestay at a farm run organic and eco principal with luxuriant vegetation on the banks of a small river. Sustainable living and authentic rural activities include organic farming, honey tapping, rubber processing, cooking workshops, and more.

DAY 5 - Feb 27th: Nature exploration in Kerala

Full day to indulge in activities as mentioned above seasonal variations Nature exploration. There are also paid options like ayurvedic messages and therapies.

DAY 6 - Feb 28th: Madurai Meenakshi Temple Night Ceremony

Post breakfast, drive to Madurai. Enroute stop for lunch. This evening we will go for the night ceremony at Madurai Meenakshi temple.

DAY 7 - March 1st: Heritage of Madurai

Pre-breakfast, we visit the flower market for a unique experience. Breakfast back at the hotel. The morning tour of Madurai includes a visit to Meenakshi temple and Thirumalai Nayak Palace. In the evening we explore the authentic local cuisine of Madurai.

DAY 8 - Mar 2nd: Flora and Fauna in Munnar

After an early breakfast, drive into the Western Ghats to the region of Munnar. Arrive for lunch and check in. Evening walk through the plantations to learn about the flora and fauna. Our tour leader is a naturalist and ecologist teaches us how to spot and document flora and fauna.

DAY 9 - Mar 3rd: Tea Tasting at the Tea Capital of South India

A jeep ride to the tea plantations, our guide will explain to us about the history of tea plantations, the life of labourers, various types of tea and its processing style. We also visit a tea factory to see the live running and a chance to do a tea tasting. Lunch at a local restaurant/ packed lunch. In the afternoon head out with our naturalist tour leader for a nature hike to spot endemic wildlife and admire landscapes.



DAY 10 - Mar 4th: Arts and Crafts in the Western Ghats

Post breakfast, we visit the Srishti trust, which is a Charitable Trust dedicated to the rehabilitation & generation of sustainable livelihoods for the differently-abled children & young adults of the plantation community of Munnar. Evening nature exploration with your naturalist.

DAY 11 - Mar 5th: Munnar to Kochi

Enjoy the morning at leisure and depart from your hotel after lunch. Drive towards Kochi Airport. Stay near the airport. Have a farewell dinner together as a group with reflections. Departures to the airport will start tonight. Airport escort is available.

DAY 12 - Mar 6th: Farewell

Depending on your flight time, you will be escorted to the airport (KOC)
Meals included : Breakfast

Retreat Date: February 23rd to March 6th, 2026 (11 nights and 12 days)

Arrival & Departure:

Arrival day: February 23rd, 2026
- Welcome dinner 7 pm
Departure day: March 6th, 2026

What Typical Day looks like:

6:30-7:30 am Morning yoga
7:30-8:30 am Breakfast
9 am departure for group excursions
Lunch - Afternoon excursion, free, or massage, etc.
5:30-6:30 pm evening sangha/meditation, yoga for restore
7-8 pm dinner

How many practices of yoga & meditation?

- 9 Morning flow yoga
- 9 Evening Sangha /meditation/yoga for restore

What is included

- Accommodation for 11 nights,
- All Meals (including meals planned at local restaurants)
- Airport escort from and to via air-conditioned vehicles
- All road journeys via air-conditioned mini-bus and other transportations
- An accompanying tour leader/naturalist for the entire tour
- Local guides at Madurai, Cochin & Munnar
- Entry fees and permits
- UNESCO World Heritage site visit at Meenakshi Amman Temple
- Kathakali and Mohiniattam performance at the theater
- Kalaripayattu and Mohiniyattam workshop
- Cultural tours, nature walks, tea tours, tasting and excursions.
- One complimentary Ayurveda massage (relaxation) at Kochi
- In house activities such as farming, honey and rubber tapping



- Gala dinner on last day
- Gratuities for all staff, guides and drivers, except tour leader/coordinator.

What is NOT included:

- Flights fare from home to Cochin International Airport (COK) *Kochi and Cochin are the same, terms used interchangeably.
- Travel Insurance (required)
- Tourist Visa fee to India (required)
- Additional optional excursions
- Additional ayurvedic massages
- Any expenses of a personal nature like beverages, laundry, in-room services.
- meals/snacks and activities beyond what is mentioned in the itinerary.
- Souvenirs
- Tour leader/coordinator/naturalist gratuity.

****This yoga retreat is organized by Being Joy and is not affiliated with Breathe Together Yoga.***

Travel locations:

3 nights in Kochi, 2 nights in Thodupuzha, 2 nights in Madurai, 3 nights in Munnar, 1 night in Kochi.
(Kochi, Thodupuzha, and Munnar in State of Kerala, Madurai in State of Tamil Nadu)

Izumi Sato (Yoga Retreat leader and yoga instructor)

A lifelong world traveler, Izumi has lived and studied across four countries, including seven years in India immersed in Bharatanatyam—the classical dance of South India—and the roots of yogic tradition. Driven by a deep interest in world history, she traveled to Egypt at 17 to see the Sphinx with her own eyes. During that trip, the pure joy she saw in people’s eyes awakened a desire to connect across cultures and opened her to the beauty, joy, and aliveness of human experience.

Izumi brings this global perspective into her teaching, blending decades of movement experience with the depth of her studies in India. An E-RYT 500-hour certified teacher, she has practiced yoga since 2000 and taught vinyasa, flow, yin, restorative yoga, and meditation since 2013. Her curiosity about people, culture, ritual, and life continues to shape her journey and deepen her connection to people around the world.

Tour Leader

Our tour leader is also a naturalist who teaches us how to spot and document flora and fauna, natural beauty and biodiversity, and lends us to nature hikes.