



Poovar island

Insomnia Package – 21N

Rates :

Single – Euro 5211

Double – Euro 6743

Package includes :

- All rates in EURO currency on a Full Board basis
- Accommodation in Non A/C rooms per night
- Pick up & drop off from TVM Airport / Railway station Boat transfers from Poovar Boat Jetty
- Welcome drink on arrival (Non-Alcoholic)
- Special Ayurveda breakfast, lunch & dinner included at our Ayurveda restaurant
- Doctor's consultations, Ayurveda therapy, massages, and medicines during the stay
- Rejuvenation and body purification as per the doctor's recommendations

**** Please note - Rates are subject to adjustment based on prevailing market exchange rates at the time of invoicing**



Poovar island

Insomnia Package – 21N

Package includes:

- 🌿 Daily yoga sessions (07:00 – 08:00 hrs)
- 🌿 One sunset cruise on the backwaters during the stay
- 🌿 Chenkal Siva Temple visit
- 🌿 Usage of Ayurveda swimming pool
- 🌿 Free usage of gym room, library & indoor games
- 🌿 Use of coffee / tea maker in the room with one-time replacement per day
- 🌿 One half-day sightseeing tour of Trivandrum city during the stay
- 🌿 Half an hour walking mandatory either in the morning or in the evening
- 🌿 Complete abstinence from alcohol, cigarettes and other junk items during the period is mandatory
- 🌿 Valid medical investigation reports to be carried along if there is any serious medical condition or medication
- 🌿 All applicable taxes included

**** Please note - Rates are subject to adjustment based on prevailing market exchange rates at the time of invoicing**