

# Ayurvedic Experience Tour @ Bangalore, India

22 Dec - 29 Dec, 2024

<i>Date</i>	<i>Itinerary</i>
<b>22nd Dec, Sun</b> 1930hr  2100hr  2245hr	Gather at KLIA2 (Singapore students may fly direct from Changi Airport)  Depart for Bangalore, India with Flight# AK53  (India Time), arrive at Bangalore; pre-arranged airport transfer to Institute for Ayurveda & Integrative Medicine (I-AIM)
<b>23rd Dec, Mon ~ 27th Dec, Fri</b> 0600hr~2100hr	5-Day Ayurvedic Lifestyle Course @ Institute of Ayurveda & Interative Medicine: <ul style="list-style-type: none"><li>· <i>Theory:</i> Introduction to Ayurveda</li><li>· <i>Theory:</i> Overview of Basis concepts of Ayurveda</li><li>· <i>Theory:</i> Fundamentals of Ayurvedic Daily Routine (Dinacharya)</li><li>· <i>Theory:</i> Ayurvedic advices on Daily Routine practice</li><li>· <i>Practical:</i> Demonstrations on Daily Routine practice</li><li>· <i>Practical:</i> Practice of Daily Routine every day</li><li>· <i>Theory &amp; Practical:</i> Preparation of Daily Routine Items</li><li>· <i>Practical:</i> Demonstration of Milking &amp; Collection of milk</li><li>· <i>Practical:</i> Demonstration of Traditional Preparation of Butter, Butter milk &amp; Ghee</li><li>· <i>Practical:</i> Relaxing yoga every evening</li><li>· <i>Excursion:</i> Garden walk to identify the healing herbs</li><li>· <i>Excursion:</i> Study visit to Ayurvedic Hospital (IHC)</li><li>· <i>Excursion:</i> Demonstration of Ayurvedic Oil massage (Abhyanga) @ Ayurvedic Hospital</li></ul>
<b>28th Dec, Sat</b> 0900hr~2100hr	1-Day tour in Bangalore City: <ul style="list-style-type: none"><li>· Local products (organic produce, cotton wearetc) shopping at Commercial Street</li><li>· Cultural sites visit</li><li>· Appreciation Dinner</li></ul>
<b>29th Dec, Sun</b> 0730hr  0830hr  1200~2330hr	Breakfast  Depart for Airport; <i>*Check into Ayurvedic Hospital (for students who stay on for 1~21days Ayurvedic treatment after 28th Dec)</i>  Depart for Kuala Lumpur / Singapore

Experience Investment: **SGD1995 / RM6950**

+ Include :

- 5-Day Ayurvedic Lifestyle Course, with course notes and practical materials
- 7 nights hostel accomodation (Single-occupancy, with Wi-Fi)
- Airport Transfer (2-way)
- All meals 23rd - 29th Dec (except lunch on 28th Dec)
- Transport for Bangalore city tour on 28th Dec
- Appreciation Dinner on 28th Dec

- Exclude :

- Airfare to and fro Bangalore, India
- Indian Visa Fee (if applicable)
- Lunch during Bangalore city tour on 28th Dec

To register / inquire:

**Email [kee\\_yew@TheVegSchool.net](mailto:kee_yew@TheVegSchool.net) or Call Kee Yew @ +60 12 3790 302**

Remarks:

- **IMPORTANT:** To ensure passport is at least valid for 6 months.
- **IMPORTANT:** To purchase air tickets on your own, and print out physical copy of flight booking sheet. Bangalore airport is very strict. Admittance at the airport gate is *absolutely* rejected by airport guard, without provision of physical proof of flight booking, way before counter check-in.
- To apply Indian Visa (if applicable) on your own, 2-3 months prior to departure.
- December is the coldest month in Bangalore. Temperature range expected is between 13C-25C. Night temperature falling below 13C is not impossible. Please bring sufficient long sleeves clothing, socks and jacket.
- To bring old bath towel x 2pcs and a few old T-shirts (as there may be oil/powder stains after daily routine practice).
- To bring laundry powder to wash clothes if required.
- Optional Ayurvedic Panchakarma Rejuvenation Treatment available for 1,3,7,14,21days after 28th Dec.
- Treatment fee is to be quoted individually by Ayurvedic Hospital, depending on individual health condition, and to be paid directly to Ayurvedic Hospital.  
To opt in, kindly contact [kee\\_yew@TheVegSchool.net](mailto:kee_yew@TheVegSchool.net)