

Ayurvedic Experience Tour @ Bangalore, India

25 Dec 2016 – 1 Jan 2017

<i>Date</i>	<i>Itinerary</i>
<p><u>25th Dec, Sun</u> 1730hr</p> <p>2105hr</p> <p>2240hr</p>	<p>Gather at Kuala Lumpur International Airport 2, near Starbucks. Proceed to check in and then dinner at BMS Organic.</p> <p>Depart for Bangalore, India with Air Asia Flight# AK53</p> <p>(India Time), arrive at Bangalore; pre-arranged airport transfer to Institute for Ayurveda & Integrative Medicine (I-AIM)</p>
<p><u>26th Dec, Mon</u> <u>~ 30th Dec, Fri</u> 0600hr~2100hr</p>	<p>4-Day Ayurvedic Lifestyle Course @ Institute of Ayurveda & Interative Medicine / TDU:</p> <ul style="list-style-type: none"> · <i>Theory:</i> Introduction to Ayurveda · <i>Theory:</i> Overview of Basis concepts of Ayurveda · <i>Theory:</i> Fundamentals of Ayurvedic Daily Routine (Dinacharya) · <i>Theory:</i> Ayurvedic advices on Daily Routine practice · <i>Practical:</i> Demonstrations on Daily Routine practice · <i>Practical:</i> Practice of Daily Routine every day · <i>Theory & Practical:</i> Preparation of Daily Routine Items · <i>Practical:</i> Demonstration of Milking & Collection of milk · <i>Practical:</i> Demonstration of Traditional Preparation of Butter, Butter milk & Ghee · <i>Practical:</i> Relaxing yoga every evening · <i>Excursion:</i> Garden walk to identify the healing herbs · <i>Excursion:</i> Study visit to Ayurvedic Hospital (IHC) · <i>Excursion:</i> Demonstration of Ayurvedic Oil massage (Abhyanga) @ Ayurvedic Hospital
<p><u>31st Dec, Sat</u> 0900hr~2100hr</p>	<p>1-Day tour in Bangalore City:</p> <ul style="list-style-type: none"> · Local products (cottonwear, sandal woods etc) shopping at Commercial Street · Cultural sites visit · Appreciation Dinner
<p><u>1st Jan, Sun</u> 0730hr</p> <p>0830hr</p> <p>2320hr</p>	<p>Breakfast</p> <p>Free & Easy / *Check into Ayurvedic Hospital (for students who opt for extended stay for 7-day Ayurvedic treatment)</p> <p>Depart for Kuala Lumpur with Air Asia Flight# AK52; arrival ETA MYT 0610hr 2nd Jan, Mon</p>
<p><u>1st Jan, Sun ~</u> <u>8th Jan, Sun</u></p>	<p><i>Optional 7-day Ayurvedic Panchakarma Rejuvenation Treatment @ Ayurvedic Hospital (http://iaimhealthcare.com)</i></p>

Experience Investment: **SGD1600 / RM4800**

+ Include :

- 4-Day Ayurvedic Lifestyle Course, with course notes and practical materials
- 7 nights hostel accommodation (Single-occupancy, with Wi-Fi)
- Airport Transfer (2-way)
- All meals 26th Dec – 1st Jan (except lunch on 31st Dec)
- Transport for Bangalore city tour on 31st Dec
- Appreciation Dinner on 31st Dec

- Exclude :

- Airfare to and fro Bangalore, India
- Indian Visa Fee (if applicable)
- Lunch during Bangalore city tour on 31st Dec
- Ayurvedic Panchakarma Rejuvenation Treatment

**Singaporean participants to arrange a connecting flight from Singapore to KL on 25th Dec

To register / inquire:

Email 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 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.
- Weather in Bangalore is generally pleasant in Sep. Temperature range expected is between 16C-28C. Night temperature falling below 16C is not impossible. Please bring some long sleeves clothing, socks and a 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 7+1 days after 31st Dec. There is an admin fee of SGD100 / RM300 to opt in (payable to The Veg School) . 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

Visit <http://tinyurl.com/AyurvedaGallery> for Ayurveda Experience 2014 Photos