

Embodied Self

9-Day Immersive Yoga Retreat – Kerala, India
Saturday 15th to Sunday 23rd January 2028

An 8-night, 9-day yoga retreat hosted from an Organic Ayurvedic Retreat Centre in Kerala, set beside a beautiful flowing river and peaceful woodland nature reserve.

Guests stay in air-conditioned, en-suite bedrooms within two gorgeous properties. With access to a private swimming pool, fresh water river (suitable for swimming and canoeing) and a covered yoga shala surrounded by greenery and nature. A friendly team of staff provide amazing food, drink and service, all carefully planned around yoga sessions, excursions and relaxation.



Retreat Centre Location

With exclusive use of the entire retreat centre, it's the perfect location to relax, unwind and reconnect with yourself: private swimming pool, shared relaxation spaces, mountain views, daily yoga in open-air shala, wild swimming, canoeing, cycling, delicious nutritious food, cooking demonstrations, spice farm tour, excursions to spiritual temples, waterfalls, nearby villages and a local school... **all included in the retreat price**. Plus, it's also possible to book ayurvedic treatments between yoga sessions. The perfect balance between retreating and adventuring!



The retreat is hosted at a nature-immersed retreat centre set in the spice-belt midlands of Kerala, in Idukki District near Thodupuzha, around 90 minutes inland from Cochin International Airport. Nestled beside a river and surrounded by organic spice gardens, coconut palms, and rainforest greenery, it offers a quiet, grounded environment away from busy tourist centres. This sustainable farm-stay invites deep rest and reconnection, with yoga spaces open to birdsong, nourishing farm-to-table meals, shaded hammocks, and forest paths that encourage reflection, presence, and inner listening - an ideal setting for transformative yoga and self-inquiry.

You can fly from the UK to Cochin International Airport (COK), with one stop, most commonly via Middle Eastern hubs such as Dubai, Doha, or Abu Dhabi. Flights depart from several UK airports (including London Heathrow, Gatwick, and Manchester), with total journey times typically between 12 and 15 hours.

Yoga Practices

The retreat includes up to two yoga sessions per day, combining the following yoga styles and practices:

- Somatic movement
- Hatha Slow-Flow
- Yin Yoga
- Restorative Yoga
- Yoga Nidra
- Pranayama/Breathing Practices
- Guided Meditation
- Mantra and Mudra
- Yoga Philosophy
- Mindful Journaling/Discussion

Sessions are suitable for all levels, with adaptations and props used to support postures, as and when appropriate. Students are encouraged to listen to their body and only do what feels nourishing and beneficial.

Yoga is taught from an open-air studio surrounded by greenery and nature. Yoga mats, bolsters, bricks and straps are provided, though students are also welcome to bring their own equipment, if preferred.

Each session follows the retreat theme, designed to enhance wellbeing, personal development and transformation.



Daily Schedule

- 07:30:** Morning yoga: a dynamic practice incorporating somatic movement, pranayama, mudra, guided meditation and journaling, based on a philosophical theme linked to the day.
- 09:30:** Delicious cooked breakfast.
- 10:30:** Optional morning activities include: temple trip, waterfall walk, village/shopping trip, spice farm tour, school visit, cooking demonstration, rubber tree processing, honey extraction, bird watching, and even, milking a cow! (all included in the retreat price).
- 13:30:** Farm-to-table lunch.
- 14:30:** Free time, for relaxing, swimming in the pool or river, walking, canoeing, cycling, treatments etc.
- 16:30:** Light snack
- 17:30:** Evening yoga: a soothing practice incorporating yin yoga, restorative yoga, pranayama, mantra, yoga nidra, and journaling.
- 19:30:** Delicious dinner served under the stars.

The retreat schedule will include one yoga-free afternoon.

Accommodation

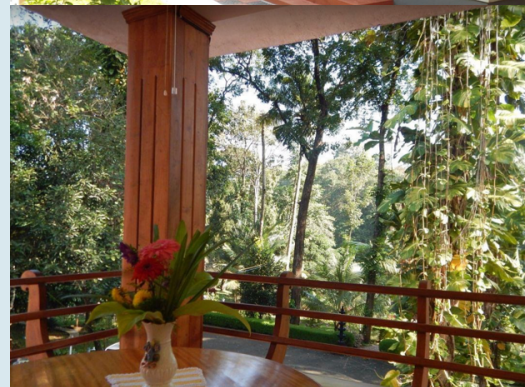
The retreat centre offers eleven air-conditioned en-suite rooms overlooking the river and forest beyond the Nilgiri mountains.

Accommodation is set within ten acres of private land, separated out into woodland walk-ways, an organic spice farm, spacious gardens and animal enclosures (for ducks and goats).

A large yoga shala sits beside a private swimming pool, surrounded by lush greenery and the sound of nature. With exclusive use of the retreat centre, this space is always available for self-practice or relaxation between scheduled sessions.

Guests also benefit from sun loungers, sun shades and a fire pit area.

The retreat centre is within walking distance of spiritual temples, waterfalls and local village shops.



Food and Drink

Using fresh ingredients, picked daily from the farm, retreat chefs take guests on a culinary journey through Kerala's traditional foods.

Breakfast: Fresh fruit, freshly squeezed juice, eggs from the retreats free range chickens, toast and honey from the farm bees.

Light Snack: In advance of the afternoon yoga session.

Lunch & Dinner: Traditional Karalan dishes such as thoran – a fragrant dry curry made with coconut and vegetables, fish moilee - often made with kingfish, simmered in tomato, ginger, coconut, curry leaves and chilli, and tandoori chicken made in an authentic Indian tandoor.

At least once during the retreat, guests will experience a traditional Karalan meal served on a banana leaf, the sadya (eaten by every Karalan during the spring harvest festival of Onam) – ten vegetarian mini dishes, served with rice, balancing Ayurvedic principles, promoting equilibrium in the mind and body.

Cooking Demonstration: Chefs are happy to provide a cooking demonstration from the venue's state-of-the-art professional kitchen; sharing tips, recipes and cookery secrets.

Organic Farm Experience: The retreat's organic farm produces fish, meat, eggs, milk, honey and vegetables. No chemical fertilizers or pesticides are used. The produce is grown purely for in-house consumption, meaning market demands have no influence on farm products. Retreat guests are always welcome to see and experience the abundance and diversity of the farm.

What's Included:

- 8 night's accommodation at an exclusive use retreat centre
- Air-conditioned, en-suite bedroom overlooking nature
- Morning yoga sessions with use of yoga mats and props
- Morning breakfast, juices and teas
- Optional activities, such as: temple trip, waterfall walk, spice farm tour, village trip, school visit, cooking demonstration, etc.
- Afternoon snack
- Afternoon/evening yoga session
- Delicious evening meal under the stars
- Fresh water, tea and coffee
- Free wireless internet connection
- Private access to swimming pool, sun loungers and gardens
- Use of canoes, a bamboo raft and bikes
- One yoga-free afternoon, to allow time for extra excursions, Ayurvedic treatments, or relaxation

What's NOT included:

- Flights and transfers
- Travel insurance
- Local taxis, tuk-tuks, etc.
- Additional accommodation before/after retreat dates
- Additional excursions and activities
- Ayurvedic treatments
- Alcoholic drinks



Dates and Investment

The retreat starts on the afternoon of Saturday 15th January 2028 and ends the morning of Sunday 23rd January 2028. Specific daily timings to be confirmed nearer the time.

Please note: An initial, non-refundable deposit is payable to secure a booking, with an interim payment 8 months before the retreat date, and a final balance due 4 months prior. Payments should either be made via the Learn Live Give booking system (or direct to the Learn Live Give bank account – details provided, as necessary).

Bookings are on a first come first served basis.

For further information, contact us via email:

info@learnlivegive.co.uk

Please read booking terms and conditions, which confirm deposits as non-refundable.

Further information: Should a student wish to stay additional nights at the retreat venue before/after the official retreat dates, this can be arranged by contacting the retreat venue directly (via email address: dewalokam@gmail.com)

Sharing:

Shared air-conditioned twin/double room with en-suite bathroom:

£1395 pp

Deposit £500 (paid at time of booking)

Instalment £500 (due 20/05/2027)

Final balance £395 (due 17/09/2027)

Single occupancy:

Individual occupying an air-conditioned room with en-suite:

£1695 pp

Deposit £600 (at time of booking)

Instalment £600 (due 20/05/2027)

Final balance £495 (due 17/09/2027)



Optional extras:

A variety of Ayurvedic treatments will be made available to guests attending the retreat. Specific information about Ayurvedic consultations or treatment options will be provided nearer the retreat date.



About Your Teacher - Emma Bacon

Emma is a dedicated yoga teacher who guides students toward personal balance and happiness through yoga, somatic movement, philosophy, and self-development practices. She welcomes everyone - all levels, ages, bodies, and backgrounds - creating an inclusive space where each person can explore their practice authentically.

Emma teaches Hatha, Slow Flow/Vinyasa, Yin, and Restorative Yoga, alongside iRest Yoga Nidra, somatic movement, and meditation. Her classes weave in breathwork, mudras, mantra, journaling, and the wisdom of yogic and Ayurvedic traditions, offering students a rich toolkit for self-discovery.

At the heart of Emma's teaching is personalization and empowerment. She encourages students to honour their individual needs and circumstances, trusting their own inner wisdom. She believes yoga strengthens the mind-body connection, cultivates self-compassion, and supports meaningful transformation.

Beyond her extensive yoga training, Emma brings qualifications in somatic coaching, Ayurveda, nutrition, fitness, martial arts, eating disorder support, and trauma therapies.

She's also run a yoga studio and led retreats across the UK and internationally. Emma considers herself a lifelong student, continually learning through accredited courses, mentors, her students, travel, and diverse cultural experiences.

Passionate about making yoga philosophy accessible, Emma co-hosts a light-hearted educational podcast with her husband that's been running for over a year. The show explores yoga principles in a relatable way and has gained significant traction with listeners from all walks of life.

As a wife and mother of two, Emma understands first-hand the demands of modern life. She's found her own balance through yoga and mindfulness, and her greatest joy is sharing these tools with others - watching people step into their most authentic selves; open and curious to all that life offers.

