



RETREATS

A whole property to run your retreat in.

Nine rooms, two yoga spaces and an Ayurveda spa in a Kerala village, taken exclusively for as long as your programme runs. You bring the teaching and the group. We look after everything on the ground, which is the part that usually goes wrong.

15–20

participants, which is
retreat scale

2

dedicated yoga spaces,
indoor and open air

42 km

from an international
airport

Neelambari

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Built for about the size a retreat actually is

Nine rooms sleeps fifteen to twenty, which is the size most retreats run and an awkward size for everyone else — too small for a hotel to take seriously, too large for a guesthouse to hold. Taken exclusively, there is nobody else on the property for the week: no passing guests, no function in the next field, no one wondering why a group of strangers is breathing loudly on the lawn at six in the morning.

Groups have been coming here to run yoga and rejuvenation programmes for years, mostly from Europe. This document exists because we had never got round to saying so.



THE SETTING

A working village, not a wellness resort

Arattupuzha is a village of about seven thousand people on the Karuvannur river, farming paddy and plantain. The people who run Neelambari are from it and live in it. For a group that has come a long way to be somewhere genuinely quiet, that distinction turns out to matter more than any amenity — there is nothing arranged here for the benefit of visitors, which is precisely what the visitors say they came for.

Four acres, walled by its own planting. Paddy on one side, the river on the other, and a temple whose festival is the oldest in Kerala about a kilometre away.

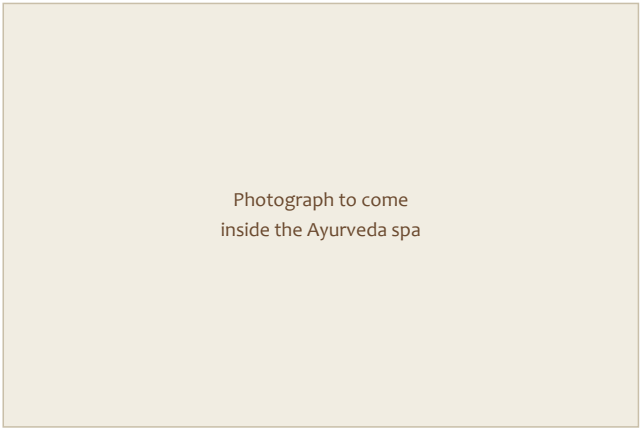
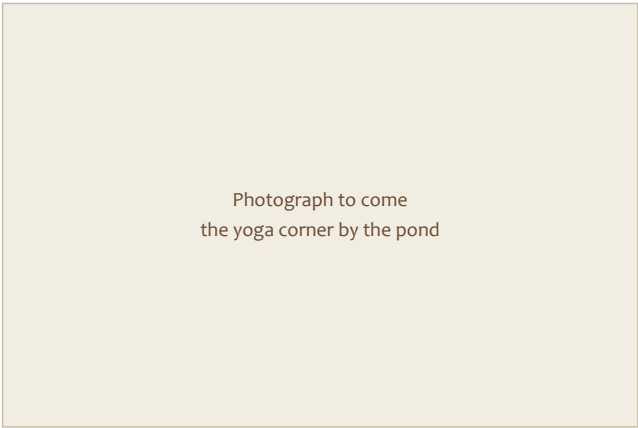
Two spaces for the mat, one for the table

Most venues offer one room and call it a studio. There are two here, deliberately different, and a group generally uses both across a week — indoors when it rains or when the session wants containment, outdoors at first light, which is when most groups ask for it.



The yoga hall

Above the Koothambalam, under a peaked roof of terracotta tile and timber, with the library along one side. Open on three sides so the air moves through it, and floor enough for twenty mats.



The corner by the pond

Open on all sides beside the laterite-lined pond. Where the early session usually happens, and the reason groups ask about sunrise timings.

The Ayurveda spa

Built in the shape of a country boat, with two treatment rooms. Practitioners are brought in for the programme you have planned rather than kept on a rota.

Diet is not a special request here

There is no fixed menu, which turns out to matter more for a retreat than anything else in this document. Sattvic, vegetarian, vegan, no onion or garlic, something for the one participant with a gluten problem — none of it is an accommodation we make. It is simply how the kitchen already works, because it works that way for every guest.

Menus are settled with you before the group lands, and adjusted while they are here if the week asks for it. Kerala home cooking, and very little of it has travelled far to arrive.

WHERE THEY WOULD SLEEP

Nine rooms, two of them up a tree

Traditional outside, unremarkable-in-a-good-way inside. Fifteen to twenty participants sleeps comfortably; the family suite splits into two rooms when a group needs the count.



Deluxe
4 • ~600 sq ft



Superior
2 • ~350 sq ft



Family suite
1 • ~600 sq ft



Tree houses
2 • ~250 sq ft

You run the retreat, we run the place

Most of what goes wrong on a retreat is logistics rather than teaching. This is the line we draw, and we are glad to move it if your programme needs something different — it is a starting point for a conversation, not a contract.

We look after

- Rooms, housekeeping and laundry
- All meals, settled with you in advance
- The yoga hall, the pond corner, the grounds
- Ayurveda practitioners and treatments
- Airport transfers for the group
- Village walks, the river, cycling
- Cultural evenings, if you want one

You look after

- The teaching and the programme
- Selling the retreat and your participants
- Your own insurance and terms with them
- Any equipment you would rather bring

AROUND THE PRACTICE

The hours that are not on the timetable

A walk through the paddy at first light, the river by canoe, bicycles for going further, and an evening of Kathakali or Koodiyattam in the Koothambalam if the group would like one — with an introduction beforehand, since the forms assume a good deal of their audience. None of it needs deciding in advance. Most of it needs about a day's notice.

What an organiser usually needs to know

Participants	15–20 comfortably, across 9 rooms
Exclusive use	the whole property, for the length of your programme
Yoga spaces	indoor hall for ~20 mats, plus an open corner by the pond
Ayurveda	spa with two treatment rooms, practitioners brought in
Meals	all included, no fixed menu, dietary needs standard
Nearest airport	Kochi international, 42 km, about an hour
Nearest station	Thrissur, 13 km
Transfers	arranged for the group, met off one flight

GETTING THE GROUP HERE

Kochi is an international airport with direct connections from the Gulf and onward from most of Europe, and it is about an hour away by road. We can meet a group off one flight rather than in ones and twos, which saves the first day of a retreat from being spent on transfers.

NEXT STEP

Tell us the dates and the group size.

That is enough to say whether the weeks are open and what the ground would cost. If you are still choosing between countries, a conversation is more useful than a quotation — we are happy to have that one first.

Enquire

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