A HEALING JOURNEY TO REJUVENATE BODY AND SOUL

with Khandro Thrinlay Chodon's Khachodling

Travel with meaning and depth for our own lives, otherwise known as pilgrimage, is a favourite activity of Rinpoche. To mark the end of 2026 and the beginning of the new year 2027 she has arranged a special healing journey of the heart!

27 DECEMBER 2026 - 11 JANUARY 2027
16 DAYS/15 NIGHTS

AUD$4100 EX COCHIN, SOUTH INDIA

Our retreat place is on an Island, an Ayurvedic retreat on the backwaters of Kerala, the home of Ayurvedic healing. Here you will receive 14 days of consultation and treatment in this beautiful and authentic resort. After your initial consultation with the doctor you will receive 2 treatments a day and special diet as prescribed. Yoga and meditation sessions are also available for you to join each day. Relax into your deep inward healing journey under the guidance of expert, experienced and authentic doctors and their humble, happy and deeply loving team of associated staff. After your full course of treatment and healing is complete on 10th January you will stay one last night and be transferred direct back to Kochi airport for your departure flight on 11 January 2027. That is unless you are doing an add-on to the backwaters or the unique Portuguese seatown of Fort Kochi! (see below).

Note re arrival to Kochi: The resort is 1-2 hours drive from the airport. so we all meet and stay our first night at the Marriott airport hotel. The hotel will arrange your pick up and transfer to the hotel on 27th and we meet formally for the first time at breakfast on 28th (incl). Our transport leaves from our airport hotel at around 9am.

Add on's: Two wonderful side trips may easily be arranged before/after your retreat: 1.Boating the famous backwaters from Allepy (approx 3 hrs from resort), cruise on a traditional Kerala houseboat 2. Visit Fort Kochi, a famous old Portuguese seaport - popular for shopping, food and interesting sights. Enjoy time at your individual leisure- to shop, eat and sightsee this most popular town in South India. Do one or both by adding just a few days to your trip. It is a perfect way to transition back to normal life.





Khandro Thrinlay Chodon

Khandro Thrinlay Chodon is born into a family of Himalayan yogi meditation Masters. Her life purpose is to bring alive the ancient traditions of her own wisdom lineage to this modern chaotic world. Having healed herself with yoga, meditation and Ayurveda she ensures her Khachodling spiritual, humanitarian and pilgrimage organisation brings the best of what the East has to offer. Rinpoche has tried a number of South Indian Ayurveda centres and with the deep assistance of her Ayurveda pharmaceutical lineage holder friend she years ago found this resort which she now regularly attends and recommends. Unable to attend this year, Rinpoche is sending her long time student Jane Miknius to accompany this 2027 tour.

For more information on Khandro Thrinlay Chodon and her organisation Khachodling please visit her website

www.khachodling.org

KHACHODLING

Places fill up fast so please book early! For more information and registration, please email jane@khachodling.org

AYURVEDA

is an Indian health practice thought to be more than 5000 years old. It consists of a number of disciplines, including aromatherapy, diet, herbal medicine, acupuncture, yoga, massage, meditation and balancing of energies. The word "ayurveda" is translated from Sanskrit to mean "the science of life". Ayurveda considers disease as a deviation from the normal state of the body and the treatment is intended to bring the patient to a normal state. Ancient Indian philosophy says that all substances in the universe are made up of 5 basic elements – earth, water, air, and ether. The balance of these makes a healthy person.

CONSULTATION AND DIAGNOSIS

First of all the doctor consults and evaluates the patients conditions- physical and mental. Please feel free to discuss everything as then only can the doctor have a true understanding. The according to the diagnosis two types of treatments will be decided upon – relaxation and rejuvenation for maintenance of healthy being or treatments of a specific nature for cure of ailments in sick person. You may bring recent medical reports – though not essential these doctors will be able to understand them and make use of them as appropriate to the conditions presented.

TREATMENTS

The major treatment is given in the morning and the minor one in the afternoon ie. 2 treatments a day – these are usually massages with herbs, milk or oil as prescribed. Internal herbal medicines are also given and are administered by staff at appropriate times. Your diet will also be advised and given in the meals you are served. Additional treatments may be prescribed such as acupuncture, magneto therapy, reiki and are available on site on advice of the doctors.



FOLLOW UP

Once the course of treatment is over one is advised to rest for double the number of days of treatment if at all possible.

COST: 16 days is AUD$4100 twin share or AUD$5000 single room ex Kochi (Cochin), South India. Cost includes all food, accommodation , transfers, as well as ayurvedic treatments and consultation. Excluded are airfares and visas. Please note: if you are wishing to join for less/more days the cost is at a daily rate (TBA on request) plus transfers and is dependent on availability. For further information and registration: email jane@khachodling.org

The Ayurvedic Healing and Rejuvenation Retreat is part of the 2027 Uncommon Journeys of Khachodling. Note that the owner and resort supports Rinpoche's work and a portion of the cost it kindly offers to that work so that beings benefit and the Himalayan tradition lives on.

AYURVEDIC RESORT

This resort is part of an authentic chain of ayurvedic hospitals in Kerala, South India.

Set in splendid beauty that refreshes your soul on the Kerala backwaters. The backwaters of Kerala is a 900 km waterways network of interconnected canals, rivers, lakes and inlets that run along the Malabar Coast of Kerala. It is one of the main tourist destinations in all of South India.

Approximately 1-2 hours drive north of Cochin you will be transported to Rajah Island Resort by car or minibus.

FLIGHTS

Kochi International Airport is situated in the city of Kochi, in the state of Kerala, India. COK is the airport code. Best flights from Hong Kong and Australia do connect to it via Kualar Lumpar or Singapore.

Once you have booked your flights please send us the details so we can arrange transfers. Included is our first night stay at the Marriott hotel near the airport. So all transfers will be arranged for you.

VISAS

Please note that your Indian visa is your individual responsibility to obtain.

CULTURAL HIGHLIGHTS

During resort stay cultural shows and events are hosted - eg. sari wearing classes, cooking lessons, Kathakali dancing, local martial arts. There is also an option to train in traditional dance.

