



Munkudil

Ayurveda Yoga Retreat

Regain Balance and Bliss

Nestled in the heart of Kerala, our Yoga and Ayurveda retreat offers a sanctuary of peace, wellness, and holistic healing. Partner with us to offer your guests a truly transformative experience.

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*At **Munkudil**, our mission is to make holistic health effortless. We blend ancient wisdom with today's wellness practices to help our guests thrive-body, mind, spirit, and heart in harmony with nature. Nestled on the serene banks of the Periyar River, near the **Thattekad Bird Sanctuary in Kochi**, our retreat offers a tranquil escape where nature and wellness converge.*



Jomy Thomas

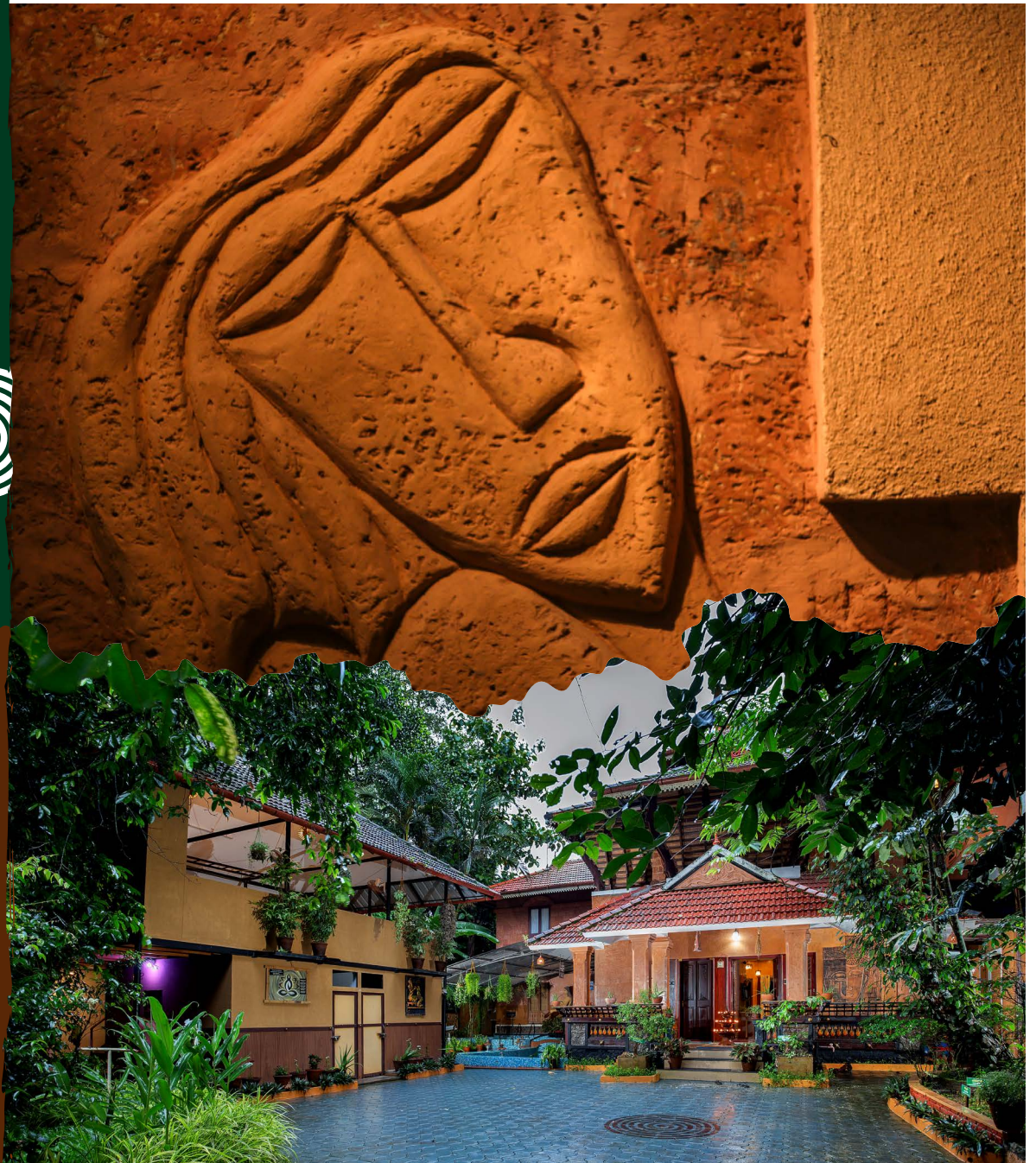
Founder of Munkudil Ayurveda
Yoga Retreat

Prime Riverside Location: Secluded by nature, just minutes from the Thattekad Bird Sanctuary, offering a tranquil, nature-filled experience.

Holistic Programs: Tailored yoga, meditation, and Ayurvedic therapies designed for detox, relaxation, and rejuvenation.

Philosophy: Balancing physical, mental, and spiritual well-being through authentic Ayurvedic therapies, yoga practices, reiki, sound healing, homa therapy, and more.

Eco-Conscious Design: Our rooms and cottages are built using sustainable materials, blending luxury with nature.





Yoga and Ayurveda Retreats

Personalized Healing Journeys

Our retreats are designed to rejuvenate and revitalize. Experience authentic Ayurvedic treatments tailored to individual needs, from soothing massages to personalized therapies. Our programs are designed to restore harmony by blending yoga, meditation, and Ayurvedic treatments tailored to your needs.



Yoga and Meditation Retreats:

Daily yoga classes led by certified instructors, tailored to meet each group's or individual's needs. Guided meditation sessions promote inner balance, mindfulness, and emotional clarity.

Ayurveda and Detox:

Authentic Ayurvedic treatments, including Abhyanga, Shirodhara, Panchakarma and more.

Doctor consultation and dosha-based wellness plans with personalized dietary and lifestyle recommendations.



Cultural Experiences:

Kathakali performances, cooking classes, and local village tours.

Scenic treks, thrilling 4x4 jeep safaris, and other nature-immersive experiences.

Cuisine:

Farm-to-table organic meals prepared with locally sourced ingredients.

Authentic Kerala-style vegetarian and vegan dishes crafted to complement Ayurvedic therapies.

Cooking workshops offering guests a chance to learn Ayurvedic culinary secrets.



Eco-Friendly Rooms and Cottages

Eco-friendly rooms with panoramic river views

Our rooms are designed for comfort and tranquillity, offering panoramic views of the surrounding natural beauty. Each room is equipped with modern amenities to ensure a restful stay. Pricing varies based on the chosen retreat package and duration of stay.



Rooms:

Stay in traditional Kerala-style rooms with modern amenities overlooking riverside and mountains.



Birdwatching Bamboo Cottage:

A special room offering excellent views and cover, letting you explore the wild without disturbing nature.



Treehouse:

Nestled between two ancient trees passing through the room. Cozy and crafted for those seeking solitude in the lap of nature.

Pricing: Single/Twin-sharing A/c rooms with panoramic river views, balcony and en-suite bathroom, rates ranging from 10,500/-* to 22,500/-* INR (US\$ 121 to 259) per person per day plus 12% GST.

**Pricing includes an all-inclusive wellness retreat-accommodation, freshly cooked food, therapies, yoga, personalized meals, and traditional care-seamlessly bundled for a transformative experience.*



Boating:

Offer your guests serene backwater cruises that add a touch of Kerala's authentic charm.



Kayaking:

Include guided kayaking experiences for active travellers seeking immersion in nature.



Treking and Birdwatching:

Enhance your itineraries with access to premier birding trails and forest treks, ideal for eco-conscious travellers.



Expanding Horizons in Wellness Tourism

With increasing demand from conscious travelers, we're evolving Munkudil into a larger wellness haven, giving our partners first access to exclusive retreats and enhanced capacity.

To meet the rising demand for wellness tourism, we are expanding Munkudil:



Land Acquisition:

Purchasing adjacent properties to triple our current capacity.

New Facilities:

Eco-friendly rooms & cottages, riverside yoga & therapy spaces, gym, and cultural pavilion.

Exclusive Partnerships:

We offer priority booking and customized retreat packages for partner tour operators.



Agnihotra:

Integrate sacred fire ceremonies that purify space and energy-perfect for sunrise or sunset retreat moments.



Ganesh Pooja:

A traditional ritual invoking clarity, purity, peace and auspicious beginnings for retreat groups.



Sound Healing:

Curated sound bath sessions using gongs and singing bowls-ideal for deep relaxation and emotional release.

Yoga | Ayurveda | Reiki Retreats | Retreat Venue Hire

Partner with us to create
retreats and soulful
experiences.



Munkudil Ayurveda & Yoga Retreat,
Near Thattekkadu Bird Sanctuary,
Njayappilly, Kochi, Kerala, India
+91 85 44 88 44 85 (IN)

Munkudil Ltd, UK
4 St.Albans Close, Worcester, WR5 1PP
+44 75 72 08 28 16 (UK)

info@munkudil.com | www.munkudil.com



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