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Journeys  
With Nikki

# Experience India Differently With JWN

WELLNESS IN KERALA: Ayurvedic Reset  
October 31 - November 9, 2025



Imagine yourself in India, not just as a tourist, but as a guest. Experience the warmth of Indian hospitality firsthand, from sharing meals with local families to celebrating festivals in their homes. With JWN, you're not just traveling; you're immersing yourself in Indian culture, making lifelong friends, and creating memories that will last a lifetime. Join our Indian family and let the journey of discovery begin.

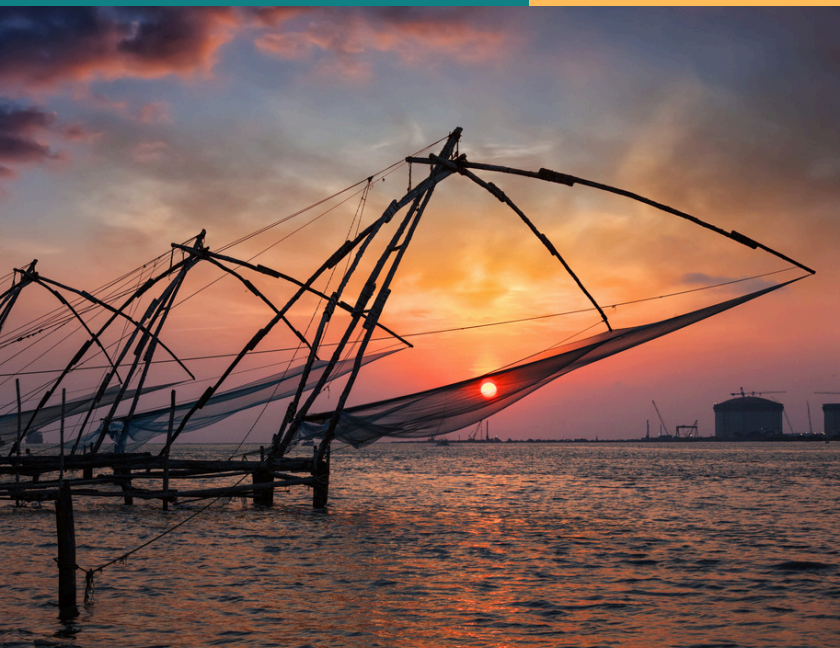
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/40+ travel to india



@journeywithnikki



Journeys with Nikki is a heartfelt venture by Nikhat (Nikki) Powell—a storyteller, filmmaker, yoga enthusiast, and barbershop singer with a passion for teaching, learning, and traveling. Nikki invites travelers to explore India differently, through the eyes of a local who bridges cultures with ease. Designed for those seeking a laid-back, "at your own pace" holiday, her journeys offer a fresh perspective for anyone intrigued by India but hesitant to dive in. With a deep love for connection and an intimate understanding of both Indian and global cultures, Nikki ensures every traveler experiences India as more than just a destination—it becomes a story they'll cherish forever.

# Wellness in Kerala: Ayurvedic Reset



Kerala is a land where tradition and modernity coexist, offering travelers a glimpse into its deep-rooted customs. From the elegant sarees and mundus worn during festivals to the rhythmic beats of chenda drums, every experience reflects Kerala's rich heritage. Temples come alive with elaborate rituals, oil lamps, and Kathakali performances, while Christian, Muslim, and Hindu traditions blend seamlessly across the region. Daily life revolves around Ayurveda, with locals embracing its healing practices through diet, massages, and herbal remedies.

Hospitality is at the heart of Kerala's culture, where guests are treated with warmth and generosity. A traditional sadhya meal, served on a banana leaf, is a must-try, featuring a variety of vegetarian dishes, pickles, and payasam (sweet pudding). Respecting local customs—like removing shoes before entering a home or temple—is appreciated. Whether witnessing a grand temple festival, floating through backwater villages, or sipping chai at a roadside stall, Kerala's traditions make every moment feel authentic and immersive. 🌿🌟

# Wellness in Kerala: Ayurvedic Reset

Oct 31- Nov 9, 2025

Kochi, Munnar, Allepey,  
Ayurvedic Resort

11 Days and 10 Nights

Best time to visit: October - March

USD 7,400

Twin Sharing

Price is approximate and could  
vary according to itinerary created

**Kochi** is a cultural gem filled with colonial-era architecture, spice markets, and the famous Chinese fishing nets. Explore ancient synagogues and churches, and enjoy the vibrant art and café scene by the waterfront.

**Munnar** is a haven of rolling tea plantations, mist-covered hills, and waterfalls.

**Alleppey** is famous for its backwaters, houseboat cruises, and tranquil canals. Glide through palm-fringed waterways, watch village life unfold along the shores, and savor Kerala's delicious cuisine as you drift through this serene paradise



\$400 discount for Educators, Doctors, Nurses and First Responders



# Itinerary: Wellness in Kerala: Ayurvedic Reset

Oct 31- Nov 9, 2025



## Day 1 –

- Arrive at Kochi International Airport before lunch and drive to Munnar in a private car (110 km = 4 hours). Check into Taj Hotel

## Day 2-3: Kochi

- Cochin sight seeing
- Visit attractions like Fort Kochi, St. Francis Church, Chinese Fishing Nets, and the Mattancherry Palace.
- Me- time for exploration
- Explore Kochi Fort, Santa Cruz Basilica, Dutch palace (largest archeological museum)

- Visit St. Francis Church, Paradesi synagogue, Chinese fishing nets
- Explore the local markets on your own for some last-minute shopping,
- Experience a kathakali dance performance
- Visit a local family for a traditional dinner.

## Day 4: Transfer to Munnar

- After Breakfast, drive 3.5 hours to Munnar, a hill station famous for its tea plantations and wildlife
- Sight seeing, See Nilgiri Tahr

# Itinerary: Wellness in Kerala: Ayurvedic Reset

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## Day 5: Munnar

- Visit the Mattupetty Dam, known for its scenic beauty and boating options.
- Explore the Echo Point where you can hear your voice echo.
- Visit the Tea Museum to learn about tea processing and history.
- Visit Eravikulam National Park to see Nilgiri Tahr
- Return to your resort for a dinner and night

## Day 6: Munnar to Alleppey -

- After breakfast, drive to Alleppey (4 ½ hours), famous for its backwaters
- Check in to your private houseboat and start your backwater cruise.
- Enjoy the scenic beauty of Kerala's backwaters, lush green paddy fields, and villages.
- Savor a delicious Kerala-style meal prepared by the houseboat chef.
- Spend the night on the houseboat, gently rocked by the waters.



# Itinerary: Wellness in Kerala: Ayurvedic Reset

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## Day 7: Enjoy Alleppey

- Visit the beach and its old pier
- Climb the lighthouse, famous for its panoramic views
- Visit the Coir museum
- Visit the palaces and temples of the region, famous for Kerala architecture

## Day 8: Transfer to Varkala beach

- After Breakfast, drive to Varkala (3 hours)
- Check into a top Ayurvedic resort/ Resort
- Enjoy yoga, meditation, ayurvedic diets and massages



## Day 9 - 10 – Immersive Ayurveda experience

- Rejuvenate and Relax through top Ayurveda routine

## Day 11 – Transportation to Kochi Airport. Departure

- After breakfast, drive 4 hours to Kochi
- Catch a flight back home, post 2pm
- Return rejuvenated, with memories like no other



# Itinerary: Wellness in Kerala: Ayurvedic Reset

Oct 31- Nov 9, 2025



Kerala is India's tropical paradise, where lush backwaters, golden beaches, soul-soothing Ayurveda, and vibrant traditions come together to create an experience so magical, you'll never want to leave. 🌿🔥🍹



# 11-Day Journey through India

Wellness in Kerala: Ayurvedic Reset



## Inclusions

- Airport Transfers
- Hotels - 10 nights
- Meals - 10 breakfasts, 8 lunches, 8 dinners
- Visits to historical sites
- All transport between destinations and to/from group activities
- Tickets and entry fees to all monuments and sites
- Room and some included treatments, massages at Ayurvedic resort

## Exclusions

- International Round trip ticket
- Minimum medical and emergency evacuation insurance
- Trip cancellation insurance or any other travel insurance
- Visas
- Any activity not described in 'Inclusions'
- Meals on your own
- Gratuities and tips
- Camera/ Filming fees when applicable
- Consultations, extra massages and treatments at Ayurvedic resort

Duration: 11 Days / 10 Nights

Group Size: 8-16 guests

Price for 2025: USD 7,400 per person

Complete payment 10 weeks before the day of departure from home country for an additional USD 100 off



\$400 discount for Educators, Doctors, Nurses and First Responders



Step into the heart of India's vibrant culture with experiences that go beyond sightseeing. At Journeys with Nikki, we craft unforgettable moments that immerse you in the richness of Indian traditions and hospitality.

Celebrate love in the grandest way with a traditional Indian wedding experience—whether attending a lively procession, witnessing intricate rituals, or donning colorful attire, you'll feel like an honored guest.



Meet actors and performers who share stories of India's artistic legacy, giving you a behind-the-scenes glimpse into the world of culture, cinema and theater.



Discover the culture of the country by interacting with locals in their homes. Hear family stories, exchange cultural nuances and enjoy a meal steeped in warmth and authenticity.

# About Us



Nikhat (Nikki) Powell, an American by citizenship and Indian by ancestry, has spent over four decades immersed in the vibrant culture of India. With a Master's in Film and Communication from one of India's top colleges and an MFA in Digital Cinema Production from Los Angeles, she is an award-winning filmmaker, video editor and passionate storyteller.

After marrying her American husband, Melvin, and moving to the U.S. thirteen years ago, Nikki taught filmmaking at a magnet arts high school in Florida before embracing a serene life by a lake in Tupelo, MS.

Now, as a yoga enthusiast, barbershop singer, and filmmaker reconnecting with her craft, Nikki is dedicated to sharing her homeland, India, with travellers eager to see it through her unique lens.



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