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 Journeys
With Nikki

Come Experience India Differently

With JWN

WELLNESS IN KERALA: Ayurvedic Reset
On Request Trip



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.

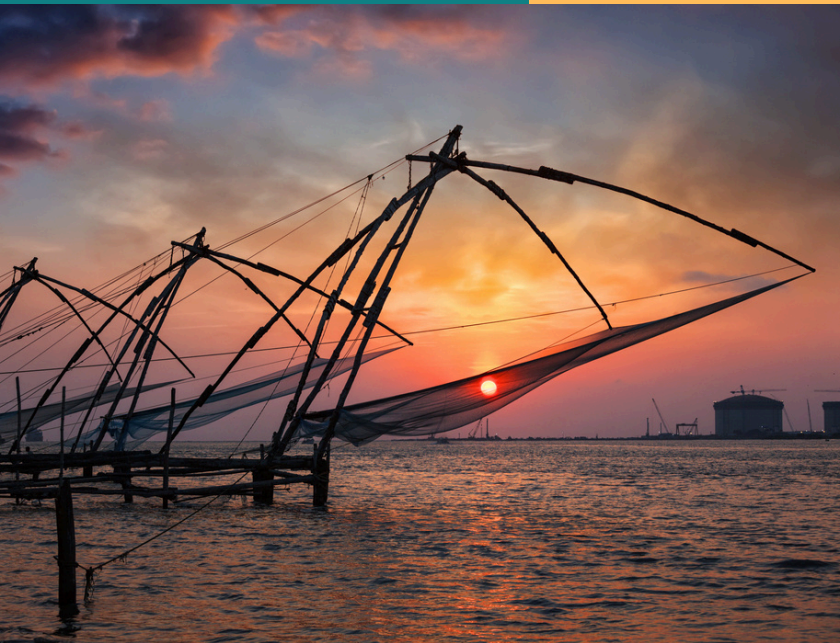
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@journeywithnikki



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

On Request Trip

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.

Allepey 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

Wellness in Kerala: Ayurvedic Reset

- Explore Historic Kochi – Stroll through Fort Kochi's colonial streets, marvel at the Chinese fishing nets, visit the Jewish Synagogue and Mattancherry Palace, and soak in Kerala's vibrant art and café culture.
- Breathe in Munnar's Tea Hills – Wander through endless tea plantations, trek to scenic viewpoints, visit a tea factory, and explore the fragrant spice gardens of the Western Ghats.
- Wildlife & Adventure at Periyar – Take a boat safari in Periyar Wildlife Sanctuary, spotting elephants, exotic birds, and even tigers, or go on a guided nature walk through the lush forest.
- Relax & Rejuvenate in an Ayurvedic Resort (3 Days) – Unwind with authentic Ayurvedic therapies, herbal massages, and yoga sessions in a serene wellness retreat, designed for ultimate relaxation and healing.
- Cruise Through Alleppey's Backwaters – Spend a night on a private houseboat, floating through tranquil canals lined with swaying palms, enjoying fresh Kerala cuisine and breathtaking sunset views. 🌿🚤🌅



Suggested Activities for Wellness in Kerala

- Watch a mesmerizing sunset Kathakali dance-drama in Kochi, where performers use expressive movements and elaborate makeup.
- Learn to make Kerala dishes from curries to appams with a local chef.
- Stay in a Treehouse in Munnar: enjoy misty hills and tea plantations.
- Take a guided night trek in Periyar Wildlife Sanctuary to spot nocturnal animals.
- Take the traditional Spice Plantation Tour through spice gardens, learning about cardamom, pepper, and cinnamon cultivation.



- Unwind with Ayurveda at an Ayurvedic Healing & Yoga Retreat, featuring massages, meditation, and wellness treatments. Try traditional fishing from your houseboat in Alleppey and have your catch cooked onboard.
- Float through Periyar Lake on a bamboo raft, spotting birds, elephants, and lush forests.
- Bicycle through Kerala villages.
- On a sunset canoe ride in Alleppey, drift through narrow canals, pass floating villages and make friends. 🇮🇳🌿🌟

11-Day Journey through India

Wellness in Kerala: Ayurvedic Reset

JWN will help you create an itinerary that will be customized to the interests of your group



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, massages, extra treatments at Ayurvedic resort

Duration: 11 Days / 10 Nights

Group Size: 8-16 guests

Price for 2025: USD 7,400 per person

Price is approximate and will vary according to itinerary created.

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

Trips with JWN



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.





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.



Come join us on our next trip!

Have a look at our exciting trips on
www.travelexpeditionsindia.com

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channels
[@journeyswithnikki](#)

Contact us to plan a trip
[+1 904 990 6499](#)

Get in touch for one-on-one meetings
journeyswithnikki@gmail.com

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