

CHERAI BEACH YOGA RETREAT

13TH OF JANUARY TO 22ND OF JANUARY 2026

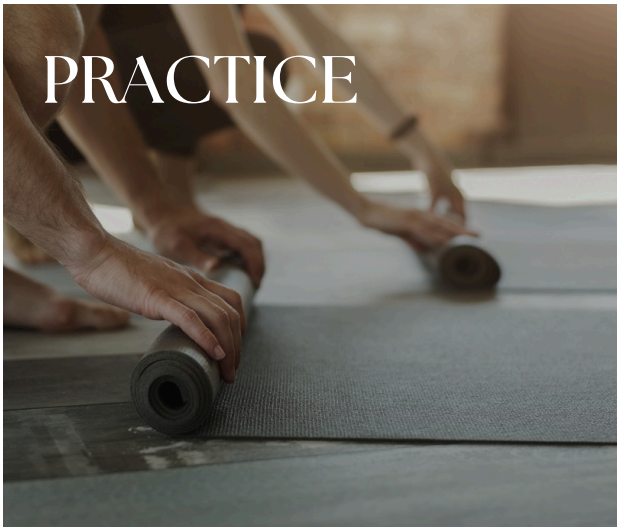
9-DAY YOGA GET A WAY LED BY **ACHARYA RATHEESH MANI**

DAILY HATHA YOGA CLASSES , GUIDED MEDITATIONS,
CHANTING, PHILOSOPHY LECTURES, AYURVEDIC
TREATMENTS AND VEGAN SOUTH INDIAN COUSINE

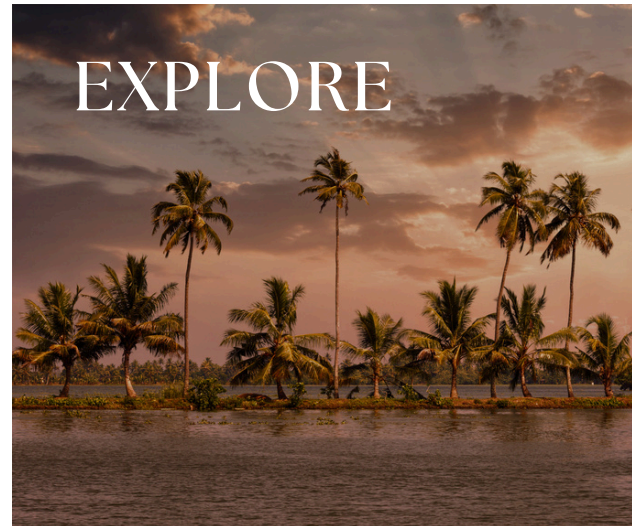
SAGE HOLISTIC TRAVEL 20205-26

A DEEPER EXPERIENCE
OF HATHA YOGA

Retreat *at a* glimpse



- 01** Deepen your yoga practice, 2 classes per day of traditional style yoga and prana yama.



- 02** Discover beautiful Kerala. Make day trips to explore the village life culture and nature.



- 03** Treat yourself with nutrient packed food. Two Ayurvedic, purley vegetarian meals per day for the best of taste satisfaction.



- 04** Available at your demand, two skilled ayurvedic therapists to ease bodily imbalances or just simply to rejuvenate and relax.



WELCOME *to* *the* RETREAT

The annual yoga retreat at Cherai Beach is a cherished SAGE tradition. For many years, we've returned to this special place at the same time each year — and every time, it feels like coming home. Situated in my home state of Kerala, it brings me great joy to guide students not only through a physical journey to India, but also through a much deeper inner one.

While participants may arrive expecting a simple getaway in a beautiful destination, many leave saying it became a turning point — a journey into themselves. Exploring the vibrant landscapes of Kerala often mirrors an internal exploration: the mind softens, perception expands, and dormant insights awaken. Some discover something within they did not know existed. Others finally find what they had been seeking for a long time.

My intention is to offer you space — both in time and in spirit — to experience yoga beyond the limits of daily life and studio practice.

And no matter how many retreats I organize, every group that travels across the globe to join fills me with the same excitement and gratitude. Each retreat is new, alive, and deeply personal.

I feel a renewed determination each year to offer more than just a retreat — I want you to experience my hometown beyond the surface of tourism. I want to serve you some of my favorite childhood vegetarian dishes, just as my family prepared them for me. I want you to see Kerala not only as a traveler, but as a welcomed guest — walking through its daily rhythm, witnessing the authentic life of its people.

I look forward to inviting you into my family home, introducing you to my closest relatives, and sharing the sacred space of our home temple. If you wish, I will arrange a traditional yogic ritual, or pooja, so you may experience the devotional side of yoga that is often unseen in the West. Along the way, I will share practical Ayurvedic tips and simple remedies — small teachings that have sustained our way of life for generations.

Through all of this — and through the daily practice of yoga — I will guide you personally, meeting you where you are, and helping you grow both outwardly in your physical practice and inwardly in your understanding. This retreat is a rare opportunity to live together in constant awareness, immersed in the vast and oceanic spirit of yogic living.

With open arms, I welcome you.

Ratheesh

DAILY SCHEDULE

- 07** Yoga and Prana Yama Session - 2-3 hours
- 10** Brunch - vegan, gluten free and nutrient charged ayurvedic meal
- 11** Day Trip / Beach Time / Rest / Ayurvedic Treatments
- 16** Yoga session - 2-3 hours
- 18** Dinner - vegan, gluten free and nutrient charged ayurvedic meal
- 19** Lecture, Mantra Chanting and Meditation
- 21** Nightly rest

The schedule may vary slightly from day to day depending on the schedule of excursions and other activities.

Heal *with* Ayurveda

REVITALISING THE BODY WITH MASSAGE TREATMENTS AND NOURISHING FOODS

AYURVEDIC FOODS

In Sanskrit, Ayurveda means “the science of life.” It is an ancient healing system that uses food, herbs, massage, oil treatments, lifestyle routines, yogic breathing, and asanas as medicine — often in place of pharmaceuticals. Ayurvedic meals are designed to provide the right balance of nutrients, nourishment, and energy to correct internal imbalances.

All meals during the retreat are prepared according to Ayurvedic principles, supporting your body in receiving the full benefits of the yoga, pranayama, and meditation practices.



AYURVEDIC TREATMENTS

Our skilled Ayurvedic therapists are ready to receive your booking requests upon arrival.

Each treatment is performed by two therapists working in full synchronization, using specific herbal and fermented medicinal oils — a key element of every treatment plan. The duration of each session is approximately 1 hour.

ABHYANGA – A gentle full-body massage performed with the hands. Aims to relax and rejuvenate the system. Oils are applied according to each individual's constitution. Price: 600 kr

VISHESH – A therapeutic full-body massage performed with more pressure and deeper tissue manipulation. Experienced as more intense. Oils are chosen and applied according to the individual's constitution. Price: 750 kr

CHAVITTI THIRUMU – An oil massage performed with the feet. Designed to address old injuries and inflammation. Removes blockages, increases lymphatic flow, and promotes deep tissue cleansing. Strong and intense in pressure. Price: 850 kr

Private Ayurvedic health consultation with Ratheesh
Price: 1000 kr





EXPERIENCE *Kerala*

DISCOVER THE AUTHENTIC SPIRIT OF SOUTHERN INDIA

Kerala is located at the southwestern tip of India, where the long coastline meets the Arabian Sea. Just an hour by air from Sri Lanka and the Maldives, Kerala enjoys a tropical climate all year round, offering an abundance of fresh fruits, vegetables, rice, and herbs. Across the hills lie vast plantations of the finest tea, coffee, mangoes, and bananas.

The region is rich in culture, music, theatre, and traditional dance — a vibrant blend of ancient heritage and everyday life.

Between the yoga classes, there is plenty to explore. Kerala's coastal areas are interwoven with a beautiful network of waterways, inlets, estuaries, lakes, and canals that connect the villages along the coast. This unique ecosystem is known as the backwaters — stretching nearly 900 km.

A leisurely cruise on a traditional houseboat offers a firsthand glimpse into village life, surrounded by serene waters, lush landscapes, diverse wildlife, and the peaceful rhythm of daily life along the shore.

Kerala, the land of mountains, rivers, lakes, waterfalls, and backwaters, is home to numerous national parks and wildlife sanctuaries. Its lush green forests shelter elephants, tigers, wild dogs, sambars, gaurs, leopards, and many exotic species of reptiles and birds.

The state also holds a rich heritage of art forms that deeply influence its social and cultural life. Kathakali is the most renowned — a classical dance-drama where the entire body becomes an instrument of storytelling. Performers wear elaborate costumes, intricate ornaments, and striking facial makeup.

Another fascinating tradition is Kalaripayattu, an ancient martial art believed to be the origin of karate, judo, and kung fu.

Temples act as the heart of each village and town. They host vibrant temple festivals several times a year, where communities gather to celebrate their culture with devotion, music, and joy.

And along the coast, Kerala offers endless stretches of paradise-like beaches — the perfect place to rest and restore between activities.

Accommodation *and* Pricing

Accommodation

All accommodations are shared occupancy

Sea view double room

18 000 kr for 9 days - 4 rooms available

Garden view double room

16 000 kr for 9 days - 3 rooms available

Dormitory 3 people occupancy

11 000 kr for 9 days - 1 room available

Entrance view double room

13 000 kr for 9 days - 1 room available

Included in *the* price

- Accommodation of your choice for 9 days
- 2 yoga classes per day, total of 32 hours (may vary slightly depending on the practitioners)
- 2 ayurvedic vegetarian meals per day
- Herbal infused water and fresh fruits available between the meals, 24-7
- Nutritional herbal remedies
- Lectures on yogic philosophy such as Bhagavad Gita, Yoga Sutras, Hatha Yoga Pradipika and Ayurveda.
- Daily meditation and mantra chanting
- Prana Yama classes
- 1 day cooking course of Kerala Cuisine
- Temple and village excursion
- Katakali performance
- Home temple yogic ceremony "pooja"
- Q and A sessions

Flight tickets and
ayurvedic
treatments are not
included in the
price



Retreat INFORMATION

Retreat Information

TRAVELING, BOOKING AND PAYMENT

TRAVELING

Arrival 13th of January 2026, lunch will be served at noon. Retreat officially starts by 16.00 with opening circle and yoga class.

Departure 22nd of January before noon, breakfast will be served. 21st evening will be the closing event of the retreat.

Closest Airport Cochin, COK

BOOKING AND PAYMENT

Reserve your spot by contacting us on phone **+46762241997** or **+46708121777** or send us an email at **ratheeshmani.yoga@gmail.com** with your details and you will be provided with an invoice or SWISH details. Payment in 2 installments is available.

RECOMMENDED FLIGHTS

ARN - COK

Qatar Airways departure at 08.10 on the 13th of January from Stockholm

Emirates departure at 14.30 on the 13th of January

COK - ARN

Qatar Airways departure at 03.45 on the 23th of January

Emirates departure at 04.30 on the 23rd of January

MEET *The staff*

SAGE HOLISTIC TRAVEL TEAM - STOCKHOLM SWEDEN / KERALA INDIA

We are delighted to present the SAGE Yoga Stockholm/Kerala team — your dedicated hosts throughout the retreat. From dining and facilities to Ayurvedic treatments, yoga sessions, excursions, and daily coordination, our team will ensure you are cared for in every possible way.



Acharya Ratheesh Mani

*Director and chief of yoga
Stockholm/Sweden/Kerala
/India*



Binesh Shankaran

*Cheif of Ayurvedic
treatments
Kerala/India*



Amanda Stark

*Administration and
economy
Stockholm/Sweden*



Akhil Binesh

*Ayurvedic therapist
Kerala / India*



Vishnu Santosh

*Facilities and coordination
Kerala/ India*

CHERAI BEACH YOGA GET-A-WAY 2026

Retreat Gallery



*Cheraí
Beach*





CHERAI BEACH YOGA GET-A-WAY 2025







ABOUT

Acharya Ratheesh Mani

A MASTER AMONGST US

Burning to bring the traditional and simple efficient form of yoga
into the lives of seekers all over the world

Ratheesh was born and raised in Kerala and has deep roots in the yogic tradition from his birth.

His grandfather was skilled in the field of herbal medicine and passed his knowledge on to his grandchildren.

Ratheesh always had a burning passion for the yogic way of life and spent most of his school and free time in the local Shiva temple premises.

In his late teenage years he left Kerala and his family. He spent 10 years in the Himalayan region, passing between temples, Ashrams and mountain caves. He spent extensive time completely secluded from civilisation to deepen his knowledge and understanding of the mystic realms of yoga.

At the time of his grandmothers passing, Ratheesh returned to civilisation and decided to share his knowledge and experience with people all over the world seeking for self improvement and emancipation.

Since then, Ratheesh has been traveling around the world teaching yoga in all its forms. He has been working full time with yoga in Stockholm Sweden since 2004, hosting teacher trainings, ayurvedic health consultations and treatments, studio yoga classes and retreats.



Testimonials

Andreas Murray

Stockholm

" After practicing yoga for almost 20 years and having the privilege of being able to practice for several of the best yoga teachers in the world, I experience Ratheesh as one of the best who, with his lifelong practice, has gained the ability to guide us students with warmth, humility and humor to a little better understanding of what it can be to be human by standing firmly in asanas as well as pranayama, meditation, chanting, the philosophical concepts and Ayurveda. "

Josefin Gyllensporre

Stockholm

" I started my yogic path with Ratheesh a couple of years ago and it has been a turning point in my life. I feel very fortunate to have met him and had the chance to learn, study and practice alongside someone who stewards such a wealth of yogic knowledge and genuine kindness.

Ratheesh has a wonderful way of making the yoga accessible while challenging to practitioners of all levels whether that be in the form of the asana practice, pranayama, yogic philosophy or meditation. The level of care, detail and depth he puts into his work combined with his joyful approach to teaching is both rare and truly admirable. "

Camilla Lindahl

Stockholm/Dubai

" Ratheese is the most talented teacher I ever practiced with. He makes you push your limits without you knowing it, and always in a fun and safe way.

He leaves peace within you with his yoga. The way he combine the philosophy, pranayama and asana practice is another level.

My body, mind and spirit are all happy after yoga with Ratheesh. I have never practice with a teacher who combines yoga philosophy, pranayama and asana practice like he does.

I have never practiced with a teacher who can help you in to any asana with ease the way Ratheese does. There is no one that can guide you trough deep pranayama and help you see perspective of life through yoga philosophy the way he does. "



S A G E H O L I S T I C T R A V E L



www.sageminds.io