

Karma
CHAKRA

KERALA, INDIA



THE **12** DAYS
OF *Karma*

at
Karma
CHAKRA

KERALA, INDIA

2023 - 2024

WE CREATE... EXPERIENCES

WE CREATE... EXPERIENCES

WELCOME TO THE KARMA CHAKRA FESTIVE CELEBRATION

Join us this holiday season to experience everything
Karma Chakra has.
Welcome this festive celebration amid the splendor of Kerala.

Join us for the festivities as we close out the year
and ring in 2024, Karma style.

#EXPERIENCEKARMA

#SEASONOFKARMA

STAY SOCIAL

 [karmagroupglobal](https://www.facebook.com/karmagroupglobal)  [karma.group.india](https://www.instagram.com/karma.group.india)

#ExperienceKarma

THE 12 DAYS OF Karma at Karma CHAKRA

KERALA, INDIA

2023 - 2024

EVENTS CALENDAR

// DEC 21 GINGERBREAD HOUSE	THURSDAY	// DEC 22 THE HOME OF AYURVEDA	FRIDAY	// DEC 23 IT'S THE SEASON TO BE JOLLY!	SATURDAY
// DEC 24 THE NIGHT BEFORE CHRISTMAS	SUNDAY	// DEC 25 JINGLE BELLS	MONDAY	// DEC 26 EAT, PRAY, DANCE	TUESDAY
// DEC 27 FISHERMAN'S BOUNTY	WEDNESDAY	// DEC 28 KHANA KHAZANA	THURSDAY	// DEC 29 LAKESIDE COOKING MASTERCLASS	FRIDAY
// DEC 30 MOVIE NIGHT	SATURDAY	// JAN 31 REMINISCENCE NIGHT	SUNDAY	// JAN 01 LAZY BREAKFASTS & NEW YEARS RESOLUTIONS	MONDAY

“CHRISTMAS IS LIKE CANDY; IT
SLOWLY MELTS IN YOUR MOUTH
SWEETENING EVERY TASTE BUD,
MAKING YOU WISH IT COULD LAST
FOREVER.” – RICHELLE E. GOODRICH



7 DEC

21

THURSDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Explore the Wilderness! Visit the Periyar National Park, The sanctuary is famous for its dense forests and savanna grass lands. It is home to herds of elephants, sambar, tigers, gaur, lion-tailed macaques and Nilgiri langurs.

ACTIVITY OF THE DAY

Ready to hit the bullseye? Join us for a game of darts at 11:00 am.



SPA

Indulge in a pampering session with "Udvarthanam" for 60 minutes only for Rs. 4,000/- and enjoy a complimentary 20-minute foot massage. Touch ext.125 for bookings/more information.



// DEC

THURSDAY

21

GINGERBREAD HOUSE

Lend our chefs a hand by the Waterside Lawns at 04:30pm as we build our Gingerbread House to start off our 12 days of Karma festivities followed by a sunset high-tea session featuring traditional snacks and Christmas treats for our young guests!

CELEBRATIONS
FESTIVE
SEASON
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“THE BEST WAY TO SPREAD CHRISTMAS CHEER
IS SINGING OUT LOUD FOR ALL TO HEAR.” –
WILL FERRELL



// DEC
22
FRIDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Experience all that Alappuzha has to offer! Tour the town, visit a coir factory, explore the Ravi Karunakaran Museum, relax at the beach, and take a leisurely stroll through the ancient port city. Contact the front desk for more information/travel assistance.

ACTIVITY OF THE DAY

Our little guests are invited to enjoy and take part in a Paper craft session at 11:00am.



SPA

Practised for over 5000 years, Ayurveda is said to have originated in Kerala. Avail a 60-minute Abhyanga Ayurvedic Massage and a 30-minute Ubtan body scrub at the Karma Spa. Enhance your experience with a steam session and receive a complimentary 30-minute Shirodhara, all for just Rs. 3500. Bliss awaits! Touch ext.125 for bookings/more information.



// DEC

FRIDAY

22

THE HOME OF AYURVEDA

Indulge in our traditional vegetarian 'Sadya' - a meal consisting of 21 vegetarian preparations served on a banana leaf. Typically served during the festival of Onam, the 'Sadya' is a real treat to the palette! The meal must be pre-booked at least 24 hours prior. Touch ext.

333 for bookings/more information.

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“I WILL HONOR CHRISTMAS IN MY HEART,
AND TRY TO KEEP IT ALL THE YEAR.” – CHARLES
DICKENS



// DEC
23
SATURDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Immerse yourself in the heritage city of Fort Cochin with a captivating tour. Explore the Dutch Cemetery, St. Francis Church, Jewish Synagogue, and the charming Jew Town. Contact the front desk for more information/travel assistance.

ACTIVITY OF THE DAY

Our young guests will be embarking on an exciting Christmas themed scavenger hunt at 11.00am.



SPA

Avail a complimentary Foot Massage for 30 minutes on booking ' a 'Shirodhara' treatment. Touch ext.125 for bookings/ more information.



// DEC

SATURDAY

23

IT'S THE SEASON TO BE JOLLY!

Embark on a Christmas Special High Tea Cruise at 5:00 pm - savour a cup of tea and delectable treats specially crafted by our chef while you witness the sun setting over the picturesque Vembanad Lake. Limited slots available - Book Now! Touch ext.9 for bookings and queries.

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“GIFTS OF TIME AND LOVE ARE SURELY
THE BASIC INGREDIENTS OF A TRULY
MERRY CHRISTMAS.” – PEG BRACKEN

// DEC
24
SUNDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Immerse yourself in the beauty of Vembanadu Lake with a scenic cruise on our very own houseboat. Glide past the enchanting Pathiramanal Island, the Thanneermukkam Bund, and be captivated by the sight of Chinese fishing nets. Contact the front desk for bookings/more information.

ACTIVITY OF THE DAY

Our young guests are invited to write letters to Santa Claus at 11:00 am. The best letter writer will receive a special gift from Santa himself!



SPA

Get ready to shine with our “Karma Madhumohini” treatment and get a complimentary Ayurveda Mini Facial. Touch ext. 125 for bookings/more information.

// DEC

SUNDAY

24

THE NIGHT BEFORE CHRISTMAS

It's the night before Christmas! Gather by the poolside lawns starting at 7:30 pm for fun filled evening complete with live music, a delightful buffet spread, and of course - Santa Claus! Limited cover event. Book Now! Touch ext.333 for bookings/more information.

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2023 - 2024

“JUST REMEMBER, THE TRUE SPIRIT OF
CHRISTMAS LIES IN YOUR HEART.” - THE POLAR
EXPRESS



// DEC
25
MONDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Explore the rich multi-faith heritage of Kerala with our Four Church Tour, featuring visits to Cheriyaapalli, Thazhathangadi, Manarkadu church and St. Alphonsa Church in Bharananganam. Please contact the front desk to book your tour.

ACTIVITY OF THE DAY

Inviting our young guests to join us for a Christmas Card making session at 11:00 am and a Christmas special nail art session at 4:00 pm.



SPA

Book any of our two-day packages and enjoy a complimentary 20-minute Shiro Abhyanga. Touch ext. 125 for bookings/more information.



// DEC

MONDAY

25

JINGLE BELLS

It's the most wonderful time of the year! We start with a carol singing performance by a local parish choir at 07:00pm at the Waterside Restaurant to get into the Christmas spirit and then enjoy a feast put together by Chef. Pradosh and team featuring the best of traditional Christmas delicacies including a house made Christmas cake! Limited cover event. Book Now! Touch ext.333 for bookings/more information.

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“CHRISTMAS WORKS LIKE GLUE. IT KEEPS US
ALL STICKING TOGETHER.” – ROSIE THOMAS



// DEC
26
TUESDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Embark on a Temple Run! Explore the four most famous Shiva Temples within a 100 Km radius in Kerala - Vaikom, Kaduthuruthy, Ettumanoor, and Kottayam. Conclude your day with a delightful shopping spree for Banana Chips and Spices in Kottayam! Contact the front desk for more information/travel assistance.

ACTIVITY OF THE DAY

Learn how to use bottles to create beautiful and unique pieces of art at 11:00 am!



SPA

Receive complimentary upgrades on any 60-minute treatment of your choice, extending it to a soothing 90-minute session. Touch ext. 125 for bookings/more information.

// DEC

TUESDAY

26

EAT, PRAY, DANCE

Enjoy the sights and sounds of the live 'Ottamthullal' performance- a 'recite and dance' art form against the backdrop of the Vembanad lake at sunset while you enjoy a cup of tea and 'parampozhi'! 04:30pm, Waterside lawns.

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“GIFTS OF TIME AND LOVE ARE SURELY THE
BASIC INGREDIENTS OF A TRULY MERRY
CHRISTMAS.” – PEG BRACKEN



// DEC

27

WEDNESDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Visit the Kumarakom Bird Sanctuary today for a chance to spot a variety of native and migratory birds. Early morning visits are highly recommended for an optimal bird-watching experience. Contact the front desk for more information/travel assistance.

ACTIVITY OF THE DAY

Break out the colouring pages at 11.00 am for a colouring contest at the Three Monkeys Club.



SPA

Glow up for the evening! Book a 60 min Facial and get 30 min foot massage for Rs 2500/-. Touch ext. 125 for bookings/more information.

// DEC

WEDNESDAY

27

FISHERMAN'S BOUNTY

Enjoy a mouth-watering selection of seafood grilled live by the lakeside by our talented chefs. Savour the taste of our culinary delights as you relax under the night sky. 07:30pm onwards by the Waterside Lawns. Touch ext.333 for bookings/more information.

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“CHRISTMAS MAGIC IS SILENT. YOU DON’T
HEAR IT — YOU FEEL IT, YOU KNOW IT, YOU
BELIEVE IT.” – KEVIN ALAN MILNE

// DEC
28
THURSDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Discover the enchanting village life of Kumarakom with our half-day tour. Experience coir making, coconut palm weaving, toddy tapping and tasting, and net cast fishing. Limited slots are available. 24 hour prior bookings required. Contact the front desk for more information/travel assistance.

ACTIVITY OF THE DAY

Calling the young guests to join our vegetable printing session at 10:00am at the Three Monkeys Club!



SPA

Indulge in relaxation at the Karma Spa with our 2-day package, featuring a 90-minute Shirodhara and a 60-minute Karma Rose Water Facial, all for just Rs. 4000/- . Touch ext. 125 for bookings/more information.

// DEC

THURSDAY

28

KHANA KHAZANA

Savour the taste of North Indian delicacies at our 'Khana Khazana' dinner special at the Waterside restaurant from 07:30pm onwards featuring the best of Northern Indian cooking including Tandoori classics! Touch ext.333 for bookings/more information.

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“CHRISTMAS IS A NECESSITY. THERE HAS TO BE
AT LEAST ONE DAY OF THE YEAR TO REMIND
US THAT WE’RE HERE FOR SOMETHING ELSE
BESIDES OURSELVES.” – ERIC SEVAREID

// DEC
29
FRIDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Take a trip to the The Jatayu Earth's Center - to witness the world's largest bird sculpture depicting 'Jayatu', the demigod bird from the Ramayana. Jayatu Earths centre in addition to the 15,000 square foot sculpture, also features a museum, an adventure park and a cave resort. Contact the front desk for more information/travel assistance.

ACTIVITY OF THE DAY

We kick off a round of tournaments at the Three Monkeys Club from 10:30am onwards - Badminton, Table Tennis and Carrom!



SPA

Release all your stress with a 45minute combination of a head, neck and shoulder massage, foot massage and a 60 minute Karma Rose water Facial for Rs 3000/-only. Touch ext. 125 for bookings/ more information.

// DEC

FRIDAY

29

LAKESIDE COOKING MASTERCLASS

Join Chef. Pradosh at his pop-up lakeside kitchen at 11:00am to learn how to make some delicious classic dishes - from the 'Karimeen Polichattu' to the 'Appam' and 'Stew'. What's more? You get to sample to food at the Waterside Restaurant while you sip on a soothing tender coconut to keep you cool on a warm afternoon!

CELEBRATIONS
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“WE SHOULD CELEBRATE EVERY YEAR THAT
WE MADE IT THROUGH AND EVERY YEAR
THAT WE’RE HAPPIER AND HEALTHIER.” ELLEN
DEGENERES

// DEC
30
SATURDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Take a day trip to Vagamon. This secluded place, perhaps the best meadowlands of Kerala, offers a refuge, to wind down and catch a deep breath in the chilly valley-winds. Vagamon offers activities such as trekking, paragliding, mountaineering and rock climbing. Contact the front desk for more information/travel assistance.

ACTIVITY OF THE DAY

At 11:00am we host a Towel Origami Session for our young guests



SPA

Relax and unwind with a 30-minute back massage, followed by a 60-minute Podikkizhy treatment and a rejuvenating steam session, all for just Rs. 3000/-. Touch ext. 125 for bookings/more information.

// DEC

SATURDAY

30

MOVIE NIGHT

Watch a classic Christmas movie by the lakeside at 06:30pm as Chef. Pradosh sets up a soup station to fix you a cuppa and keep you warm on a cool evening. Limited seats available. Book your movie experience now!

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“APPROACH THE NEW YEAR WITH RESOLVE TO
FIND THE OPPORTUNITIES HIDDEN IN EACH
NEW DAY.”



// JAN
31
SUNDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Make the most of the last beach day of 2023! Head to Alleppey Beach and Marari Beach for a day filled with sun, sea, and sand. Enjoy the coastal vibes and savour local cuisine by the beach. Contact the front desk for more information/travel assistance.

ACTIVITY OF THE DAY

Join in to make a New Year's card for your favourite people at 11:00am!



SPA

Rediscover yourself with a 60-minute Ayurvedic Massage followed by steam and 30 min Herbal warm compress for Rs 3000 only

// DEC

SUNDAY

31

REMINISCENCE NIGHT

Join us as we reminisce the year gone by and countdown to the new year with sparkling festivities by the poolside. Featuring an extravagant buffet spread, DJs, games, surprises, and more. Let's usher in 2024 in style! 08:00pm onwards. Poolside Lawns. Limited cover event. Book Now! Touch ext.333 for bookings/more information.

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“A WORTHY NEW YEAR’S RESOLUTION, PERHAPS,
IS TO TAKE NO HATRED INTO THE NEW YEAR
WITHOUT REQUIRING IT TO RESTATE ITS
PURPOSE.”



2024

// JAN
01
MONDAY



// TODAY *at* KARMA RETREAT



TOUR RECOMMENDATION

Ponder over your New Years Resolutions as you take a shikharra boat ride on the Vembanad lake! Contact the front desk for bookings/more information.

ACTIVITY OF THE DAY

Head over to the lakeside lawns for a Ludo Race & Ring Ball by the lawns at 11:00am!



SPA

Book for a 60 minute massage of your choice and get a complimentary upgrade to 90 minutes!



// JAN

MONDAY

01

LAZY BREAKFASTS & NEW YEARS RESOLUTIONS

Feeling like a late breakfast? worry not. Our breakfast menu is available till 02:00pm today! Touch ext.333 for in-room dining.

CELEBRATIONS
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KERALA, INDIA

2023 - 2024

**“THERE ARE FAR BETTER THINGS
AHEAD THAN ANY WE LEAVE BEHIND”**

Karma
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KERALA, INDIA

★
Happy
Holidays
and
★ a Wonderful ★
New Year!
L

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