



THE GOA COAST

THE THE LEISURE HEALTH JOURNEYS

Sama

A 14-day preventive health and wellness journey

Bengaluru / Goa / Wayanad, Kerala / Bengaluru

Understand. Slow down. Restore

Fourteen days through South India, designed around one person: you. Begin with diagnostics and specialist conversations in Bengaluru. Follow the coast to Goa for movement and time at leisure. Then settle into the green hills of Wayanad for an Ayurvedic rhythm of treatment, yoga, meditation and rest.

01

Bengaluru

DAYS 1-4

Health assessments and a clearer understanding of your results.

02

Goa

DAYS 5-8

Yoga, breathwork, coastal leisure and unhurried discovery.

03

Wayanad

DAYS 9-14

Ayurvedic consultation, scheduled therapies and time in nature.



Clinical conversation - illustrative image

Begin with clarity

BENGALURU | DAYS 1-4



Cubbon Park, Bengaluru

DAY 01

Arrive

An airport welcome and private transfer make the first day easy. Settle into your hotel, recover from the flight and meet your guide over a relaxed welcome dinner.

DAY 02

Understand your body

Begin personalised diagnostics and scheduled consultations shaped by your history and goals. Samples may be collected at your hotel where appropriate; later, take a quiet walk through Cubbon Park.

DAY 03

Look deeper

Meet specialists for your scheduled dental and eye assessments, alongside any additional consultations recommended for your programme. The later hours are yours to discover Bengaluru.

DAY 04

Make sense of it

Review findings with your doctors, ask questions and understand recommended next steps. Spend the rest of the day with the city's heritage, neighbourhoods or simply your hotel.

Follow the coast

GOA | DAYS 5-8



Yoga practice on the Goa coast

DAY 05

Follow the coast

Fly from Bengaluru to Goa with your guide. Settle into your coastal stay, spend the afternoon at leisure and meet the Arabian Sea at sunset.

DAY 06

Move

Begin with guided yoga and breathwork suited to you. The day leaves room for a swim, a book or simple rest, with a scheduled wellness experience woven in.

DAY 07

Discover Goa

Explore Portuguese-influenced neighbourhoods, architecture, local culture and food with your guide and private vehicle. The pace is for noticing the place, not racing through it.

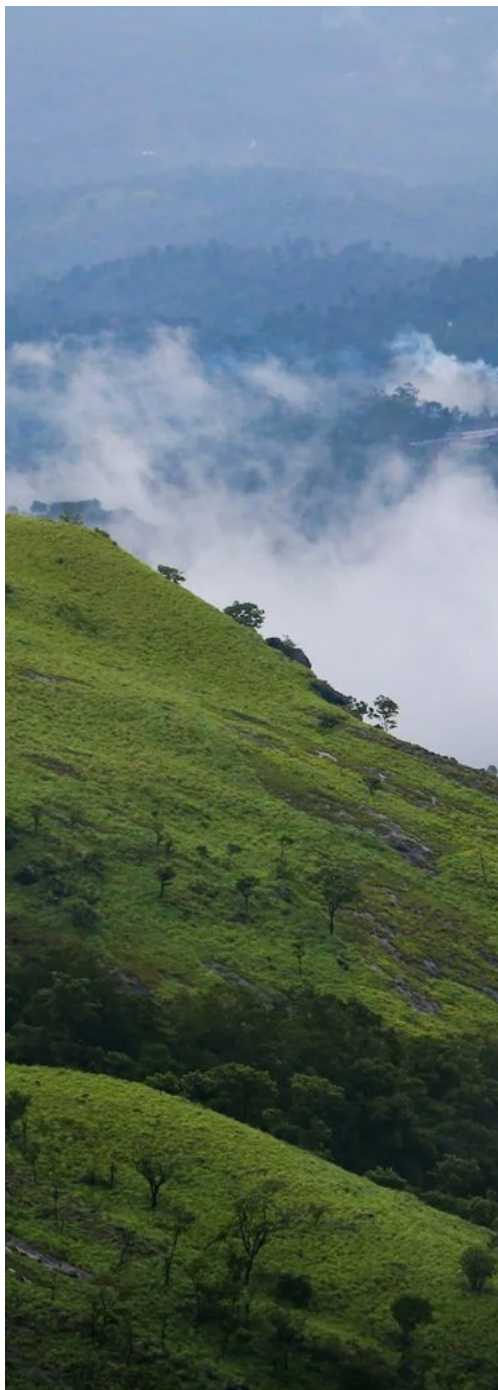
DAY 08

Slow down

Start with yoga or meditation, then keep the day deliberately open for the beach, resort or nearby discoveries. Additional spa treatments are optional and at personal expense.

Into the green hills

WAYANAD, KERALA | DAYS 9-11



The hills of Wayanad, Kerala

DAY 09

Into the hills

Fly towards Kerala and continue by private road into Wayanad. Your guide stays with you as the coast gives way to forests and plantations. Arrive, dine and rest at the retreat.

DAY 10

Discover another approach

Meet an Ayurvedic doctor for an individual consultation after morning yoga and meditation. A personalised programme shapes scheduled therapies, movement, food and rest through a traditional Ayurvedic framework.

DAY 11

Restore

Follow a slower rhythm: yoga, meditation, a scheduled Ayurvedic therapy and nourishing meals. The afternoon is kept quiet for walking, reading or simply being among the trees.

Settle into your rhythm

WAYANAD TO BENGALURU | DAYS 12-14



Ayurvedic herbal-pouch therapy - illustrative image

DAY 12

Return to nature

Continue your wellness routine and scheduled treatment. Explore gardens, traditional ingredients and, where available, medicine-making; gentle outdoor activities depend on weather and suitability.

DAY 13

Settle into your rhythm

Your final full day remains flexible. Return to yoga, meditation and treatment, spend longer outdoors, or choose the restorative luxury of doing very little.

DAY 14

Return

After a final scheduled treatment and breakfast, transfer to Calicut Airport and fly to Bengaluru. Your guide remains with you until arrival at the international airport.

Every connection, considered.

A dedicated English-speaking The Leisure Health guide travels with you throughout Sama, coordinating appointments, transport, stays and the small details in between.

STAYS

Five-star stays

CARE

Scheduled experiences

GUIDANCE

One guide throughout

What the journey includes

- Five-star accommodation across Bengaluru, Goa and Wayanad
- Scheduled domestic flights, private road travel and airport transfers
- Dedicated English-speaking guide and on-ground coordination
- Scheduled diagnostics, dental and eye assessments, and result consultations
- Ayurvedic consultation and scheduled therapies; yoga and meditation
- Planned activities, guides, entry fees and meals as outlined

BEYOND THE PROGRAMME

Additional spa or wellness treatments, alcoholic drinks, shopping and personal expenses are outside the agreed programme.

Price: USD 6,999. The named hotels and practitioners and final inclusions are confirmed in your written proposal. Services follow individual assessment and suitability. The clinician image is illustrative, not a confirmed provider.