



TRAVEL • STUDY • HEAL
exclusive and certified Ayurvedic study tours to India



A study tour to Kerala is much more than just professional development; it is an immersion into the vibrant world of Ayurveda, into a culture rich in colors, rituals, and millennia-old healing wisdom.

The **TRAVEL • STUDY • HEAL** Ayurveda study tours, which include your own Ayurvedic retreat, combine in-depth learning, personal rejuvenation, and immersive cultural experiences into an exceptionally holistic Ayurvedic journey.

During the study tour through Kerala, you'll visit select Ayurvedic resorts, traditional Ayurvedic institutions, and special sites of Ayurvedic lifestyle and South Indian tradition.

At the same time, you'll have the opportunity to immerse yourself in the Ayurvedic way of life with an Ayurvedic treatment tailored to your constitution, consultations, therapies, and sattvic Ayurvedic cuisine from Kerala.

An exclusive highlight of this 14-day journey is the certified partnership with renowned Ayurvedic institutions in Kerala. This provides you with expert insights into traditional diagnostic methods, therapeutic concepts, and the production of Ayurvedic herbal preparations.

Through personal connections, you'll experience encounters that are rarely possible on conventional trips: conversations with experienced Ayurvedic doctors, visits to renowned Ayurvedic therapists, and insights into traditional institutions where Ayurveda has been practiced for generations.

The world of medicinal plants also comes to life: In tropical herb gardens, you'll get to know the most important Ayurvedic plants in their natural environment, learn about their uses, and gain a deeper understanding of how closely nature, nutrition, and the art of healing are intertwined in Ayurveda.

A special magic emerges from the connection with Indian culture:

You'll immerse yourself in the aesthetics and joie de vivre of South India during a traditional sari-wrapping class, a group Ayurvedic cooking class, and encounters with local crafts, dances, and the country's colorful traditions.

It is precisely this combination that makes the journey unique:

It is a professional development opportunity, a break, and a personal wellness journey all at once. Amid tropical nature, spice gardens, backwaters, and authentic encounters, an experience emerges that provides lasting inspiration, both professionally and personally.

TRAVEL Journey to the birthplace of Ayurveda in Kerala, "God's Own Country"
STUDY Learn from Ayurveda experts from Germany and Kerala
HEAL Personalized Ayurveda retreat for lasting balance

The trip takes place in small groups of 10 to 15 people.

This creates a personal atmosphere that allows for individual interaction, meaningful encounters, and attentive guidance throughout the entire study tour.

Next

TRAVEL • STUDY • HEAL Ayurveda Study Tours with your own Ayurveda treatment

November 14, 2026 – November 28, 2026

January 30, 2027 – February 13, 2027

Your Personal Ayurveda Travel Companion



Sonja Hilsenbek

**German Ayurveda Ambassador, Certified Ayurveda Specialist,
Pulse Diagnosis and Phytotherapist**

German Society for Ayurveda (DGA) / Association of European Ayurvedic Physicians and Therapists (VEAT)
Health Educator, Psychological Counselor, and Actress

Ayurveda, the science of long and healthy life, is my personal passion, mission, and practical answer to the health challenges of our time.

The secret to the success of one of the world's oldest health systems lies in the holistic connection to our inner and outer nature—to primal nature.

The laws of nature offer us practical tools for self-regulation of body, mind, and soul.

In my Ayurveda practice and on tour with the AyurvedaMobil, I bring this treasure trove of knowledge back into our modern world in an entertaining, experiential, and practical way through lectures, workshops, training courses, retreats, and Ayurveda study tours, guided by the motto:

"The most effective medicine is the natural healing power that lies within each of us."

Hippocrates

The AyurvedaMobil on Tour in Germany, Austria, Switzerland, India

www.das-ayurvedamobil.com

ayurvedamobil@email.de

mobile: 0163/6995584