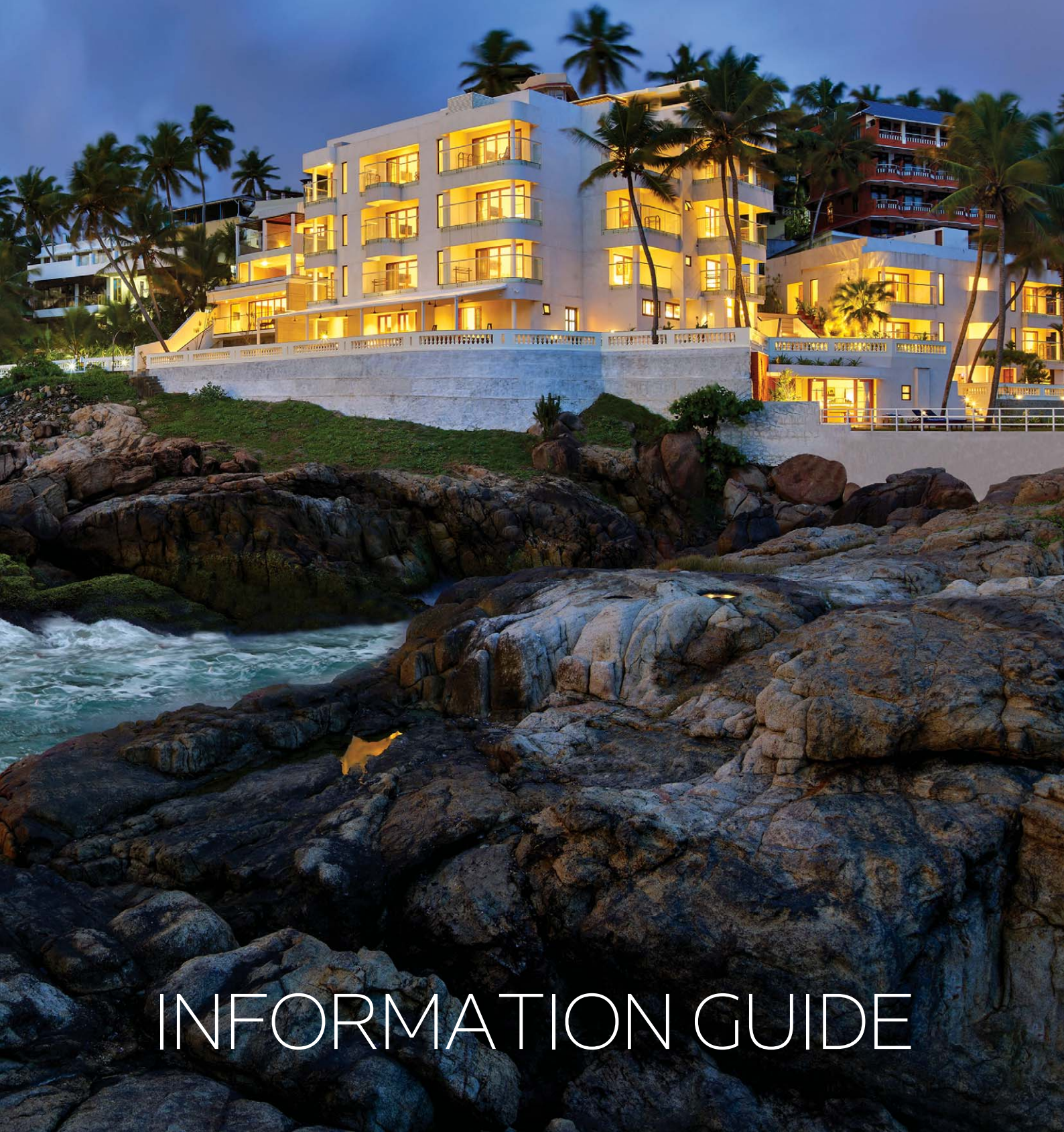




ROCKHOLM

AT THE LIGHT HOUSE BEACH



INFORMATION GUIDE

W E L C O M E T O



ROCKHOLM

AT THE LIGHT HOUSE BEACH

Dear Guest,

A warm welcome to Rockholm at the Lighthouse beach. We are delighted to have you experience the holistic benefits of Ayurveda, Yoga and Sustainable living at this iconic 23 room seaside retreat launched in November 2019.

Combined with a mix of minimalistic art deco architecture and warm, earthy vibes Rockholm offers the best of traditional Ayurveda, Yoga and Wellness in a contemporary environment. This includes three buildings namely – Residence Ocean, Residence Arogya, Residence Sky, Naivedya Ayurvedic Restaurant, Bodhi Yoga Pavilion, Terrace Yoga Pavilion and a full fledged Ayurveda Center including three treatment rooms, an Ayurveda lobby, a Doctors Consulting Room and a Steam Bathroom.

Ayurveda is at the heart of our philosophy, which translates into well equipped facilities, experienced doctors and therapists, in-house dieticians, farm fresh vegetarian cuisine and the calm outdoors for daily guided yoga and meditation practice.

We request you to read this journal and acquaint yourself with all that we offer to make your stay with us memorable and unique.

Our passionate team at Rockholm invite you to this tranquil sanctuary of mindful living defined by delicious food, unmatched hospitality and spectacular views of God's own Country. We hope you will keep returning to create soulful memories by the Lighthouse beach.

Welcome to Kovalam, welcome home!

Team Rockholm



GEOGRAPHIC INFORMATION

A detailed guide to help you navigate through the vibrant state of Kerala, located in Southern India.

Located on the Malabar Coast, Kerala is situated in the South West of India. The state has a 38,863 km and is bordered by Karnataka to the North and Northeast. The state of Tamil Nadu borders on the East and South and the Arabian Sea on the West. Thiruvananthapuram is the state capital and the coastal town of Kovalam, is situated South of Thiruvananthapuram.

Kovalam literally translates to 'A grove of coconut trees' in Malayalam the language of the people of Kerala. True to its name this peaceful town offers endless sights of coconut trees that extend for miles.

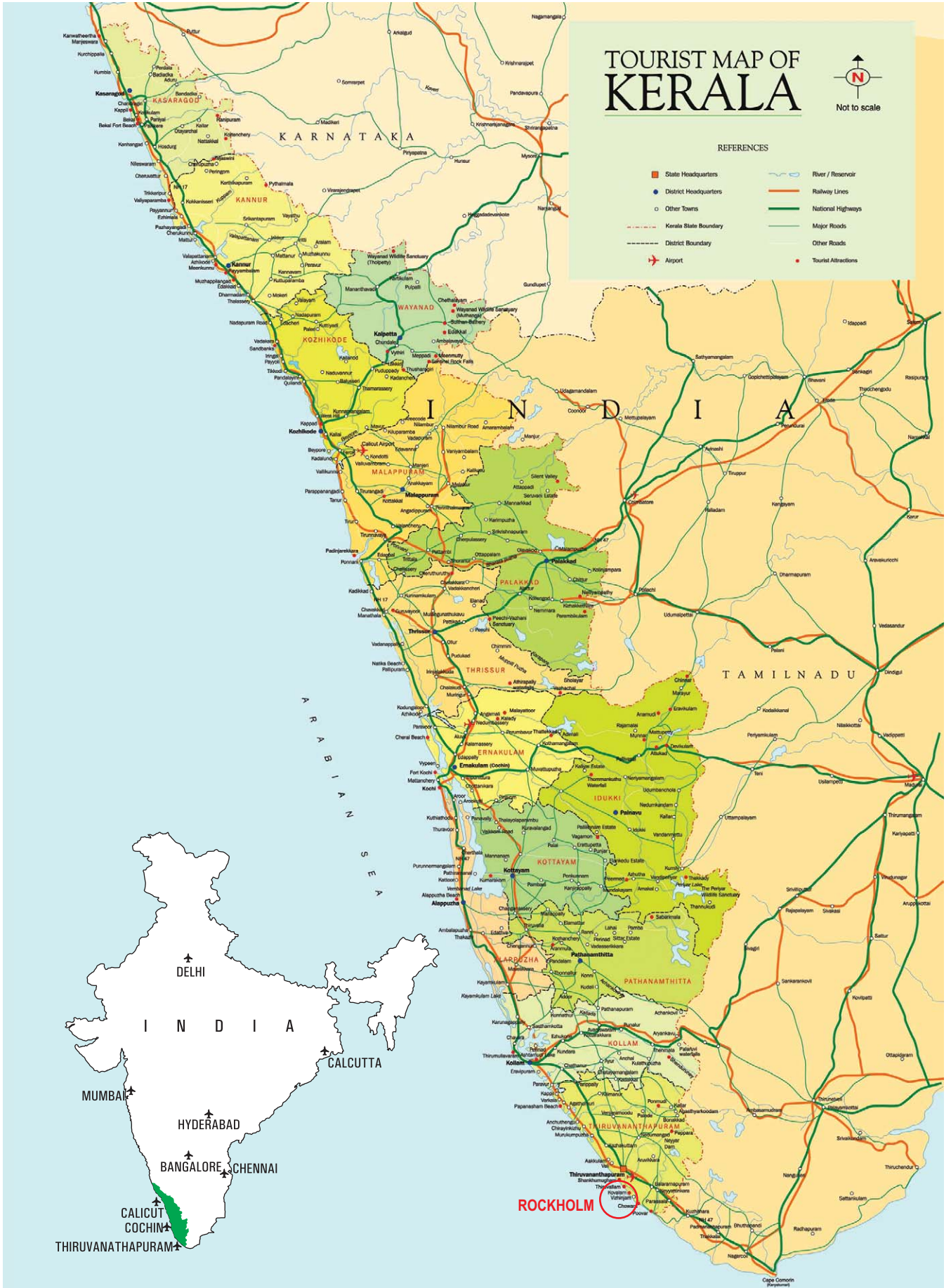
Other major cities in the state include Kochi and Kozhikode, both destinations are known to offer a blend of business and leisure.

With 120-140 rainy days per year, Kerala has a wet and maritime tropical climate that is influenced by the heavy rains of the South West Summer from June to August. The daily temperatures range from 19 degrees centigrade to 37.5 degrees centigrade. Kovalam experiences a tropical dry climate. The most sought after season is from December until March.

Rockholm at The Lighthouse beach opened doors on November 1, 2019 and is located in Kovalam, South of the capital state of Thiruvananthapuram. This boutique wellness retreat is located 16.5 Kms from the Thiruvananthapuram International airport with a drive time of approximately 31 minutes, 16 Kms from the Thiruvananthapuram Railway Station with a drive time of approximately 30 minutes and 22Kms from the city of Thiruvananthapuram.

Blessed with scenic beaches, breathtaking landscapes and an idyllic environment, Kovalam is an International traveler's paradise. The neighboring city of Thiruvananthapuram is a treasure trove of art, history, heritage, temples, markets and culture. A day trip is highly recommended to experience the best of this bustling capital.

Kovalam is also located in close proximity to tourist friendly destinations including Varkala, Poovar Island, Alleppey, Ponnudi and the Southern tip of India-Kanyakumari, which is situated in the bordering state of Tamil Nadu.



ACCOMODATION



Offering an exclusive inventory of 23 rooms including 2 suites, each of the well designed rooms and suites offer spacious balcony views of the breathtaking Arabian sea at close quarters. Rooms and suites are located across 3 prominent buildings named - Residence Ocean, Residence Arogya and Residence Sky. Rooms are well furnished with Burmese teak king size beds and eco friendly décor that lends a contemporary chic charm.

Please Note:

The check in and checkout time is 12 Noon. Early check in and late checkout is subject to availability.

Airport or railway transfers are included in your Ayurveda / Yoga package. Please inform us prior to your arrival so that transport arrangements can be made accordingly.

MasterCard and Visa cards are accepted.

SUSTAINABLE LIVING

To further enrich inner well being and promote sustainability, your room comprises of a thoughtful selection of environmentally conscious features. This include:

1. Fenesta Doors - Floor to ceiling noise and dust proof glass doors that opens into your sea facing balcony.
2. Duroflex NRG 20 Mattress - 8-inch durable mattress with an active energy layer and anti stress technology to promote relaxation and sleep.
3. Pillows by Serta - Luxurious Micro Gel Fiber (MGF) cotton pillow and Chamber Down Pillow made of pure goose down feathers.
4. Luxurious quality bed and premium bath linen by Raenco with a thread count of over 300 per square meter
5. Hand Woven Hemp Rugs - Organic, eco friendly, and anti slip rugs.





Pent House – Ocean View (#231)

Located on the highest floor, the 1000 sq.ft Penthouse Suite is the most luxurious accommodation at Rockholm, best suited for families.

The Pent House suite has a living room in addition to a bedroom, a private terrace and has direct access to the outdoor Terrace Yoga Pavilion.



Ocean View Luxury Suite (#101)

The Ocean View Luxury Suite is on the ground floor and measures 650 sq.ft. It offers immediate views of the Arabian sea, the shoreline and the landmark Lighthouse. This suite is appointed with a private garden overlooking the ocean.



Premium Ocean View (#202, #203, #212, #213, #222, #223, #311, #312)

The 450 sq.ft Ocean View Premium rooms offer a 180-degree undiluted backdrop of the Arabian sea. Floor-to-ceiling windows with sea view verandas allows for abundant natural light. Rooms #311 and #312 are well appointed with a living room in addition to king size beds. The rest of the rooms offer immediate Lighthouse views from the balcony.



Superior Ocean View (#111, #112, #201, #204, #211, #214, #221, #224, #321, #322)

The Superior Ocean View rooms are larger in size and measure 450 sq.ft. They offer sweeping views of the Arabian Sea. Each room has a spacious, private sea front balcony and an option of twin and king size beds are available.



Beach View Deluxe (#205, #215, #225)

The Beach View Deluxe rooms offer close up views of the Lighthouse Beach from each balcony. Each room is 400 sq.ft and comes with a spacious, private sea front balcony and twin beds.

AN INTRODUCTION TO AYURVEDA

The term Ayurveda is composed of two words: Ayur (life) and Veda (Knowledge/Science). Translate literally, this means the knowledge of life. The Ayurveda Science of healing was born 5000 years ago.

It is believed that Ayurveda was created by the Hindu god 'Brahma' - the creator of the universe and everything in it with a vision for the well being and health of all living beings.

Believed to be the oldest health system of mankind, Ayurveda was transmitted orally from generation to generation first. Eventually it was translated into ancient writings called Veda. Vedas are the first texts known to mankind. Ayurveda is considered to be the subtext of 'Atharvaveda'.

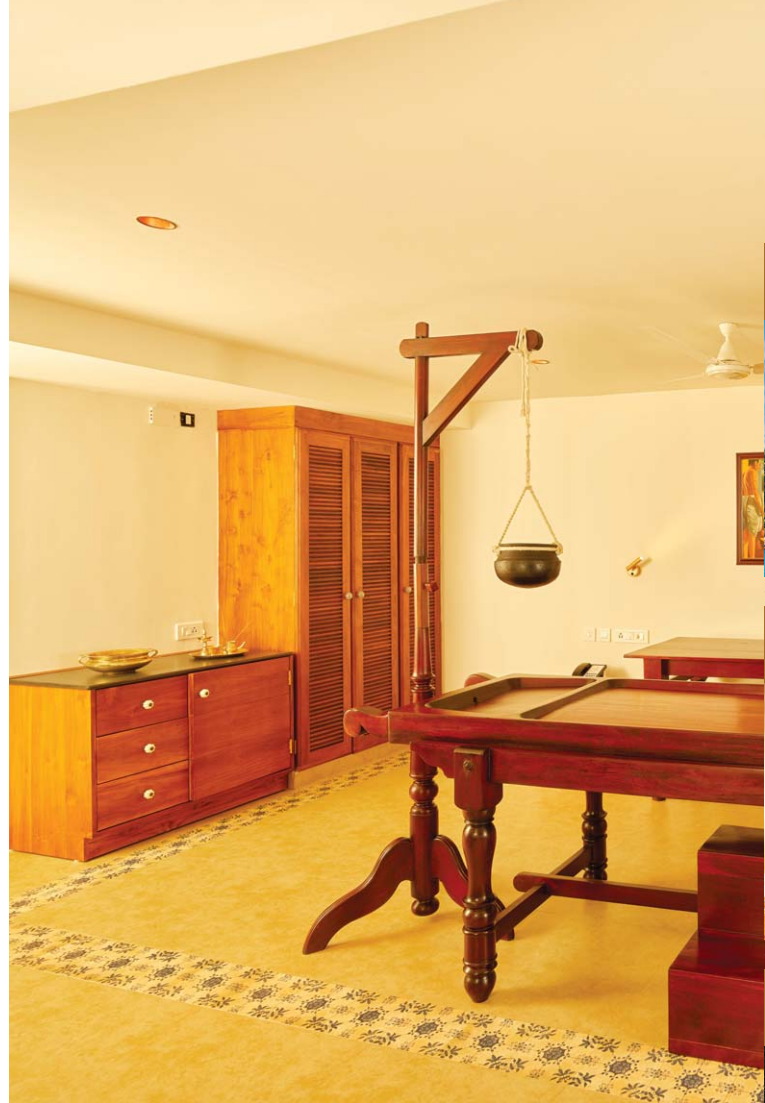
Known as one of the worlds most sophisticated and powerful mind-body health systems, Ayurveda offers a body of wisdom designed to help you stay vibrant and healthy while realizing your full human potential.

WELCOME TO THE ROCKHOLM AYURVEDA CENTER

■ BRIEF HISTORY

Within a short span of opening the Ayurveda Center during the launch of Rockholm, it became established and is well known for its authentic Ayurvedic treatments, qualified therapist and a valuable team of Doctors and Dieticians. Individual care, warmth and a personalized experience define the essence of our Ayurveda Center. Dr Sreekala is the Chief Physician and manages the Rockholm Ayurveda Center that comprises of a team of medical experts and therapists. She was earlier based at our flagship property Nattika Beach Retreat in Thrissur. Dr. Sreekala and her team together create a balance of physical, mental, emotional and spiritual living for our guests. Her guidance and consultation helps revive over all wellbeing.

Our Ayurvedic Center comprises of an exclusive lobby and a dedicated consulting room to interact in privacy



with our team of Doctors and Dieticians. Ample ventilation, natural lighting and fresh air define the environment of these calming spaces. Each of our three treatment rooms - 'Vayu', 'Surya' and 'Tara' are named after the natural elements namely Wind, Sun & Stars. Each treatment room is large, well equipped and provides ample privacy. All our treatment tables are made of wood and dimensions are as prescribed in the traditional Ayurvedic classics. Additionally, a steam bath room is also available to help achieve your wellness needs.

**The Ayurveda Centre is open on
all days of the week from
9:00 Am until 6:00 PM.**



Dr. Sreekala Santosh
BAMS
Chief Physician



Dr. Sajitha Kumari S.S
BAMS
Consultant Physician

TREATMENT PROGRAM INSIGHT

The treatment program for each guest is unique and designed strictly by the doctors only after considering the imbalance of doshas, body constitution, prevailing complaints etc. Treatments are given in keeping with the basic problems and underlying the presenting complaints. The genuineness of treatments and their authenticity, as prescribed in the classic Ayurveda texts and are never compromised.

The medicines used are the best available from manufacturers who comply with GMP and ISO norms. Traditional preparations as well as new Ayurvedic therapeutic forms including capsules and extracts are used.

For proper assessment and treatment diagnosis it is important to disclose information about your complaints since childhood, medical reports and history, personal information, habits and indulgences, nature, preferences etc. Only the information which doctors feel necessary for drawing up prakriti (constitution) and vikriti (imbalance) are sought and all patient data is kept private and confidential.

The treatment is accompanied by a diet plan suiting the body constitution, prevailing complaints and treatments

etc. The treatment, diet plan, medicines for regular consumption and consultation will be informed to the guest. The diet recommendations will be given to the restaurant as well. However, the treatment program could be prone to changes depending on the progress and conditions during the course. Some activities have to be restricted during certain therapies. This will be informed by the doctors.

Yoga asanas are also chosen according to the individuals needs after discussions with the doctors and yoga masters.

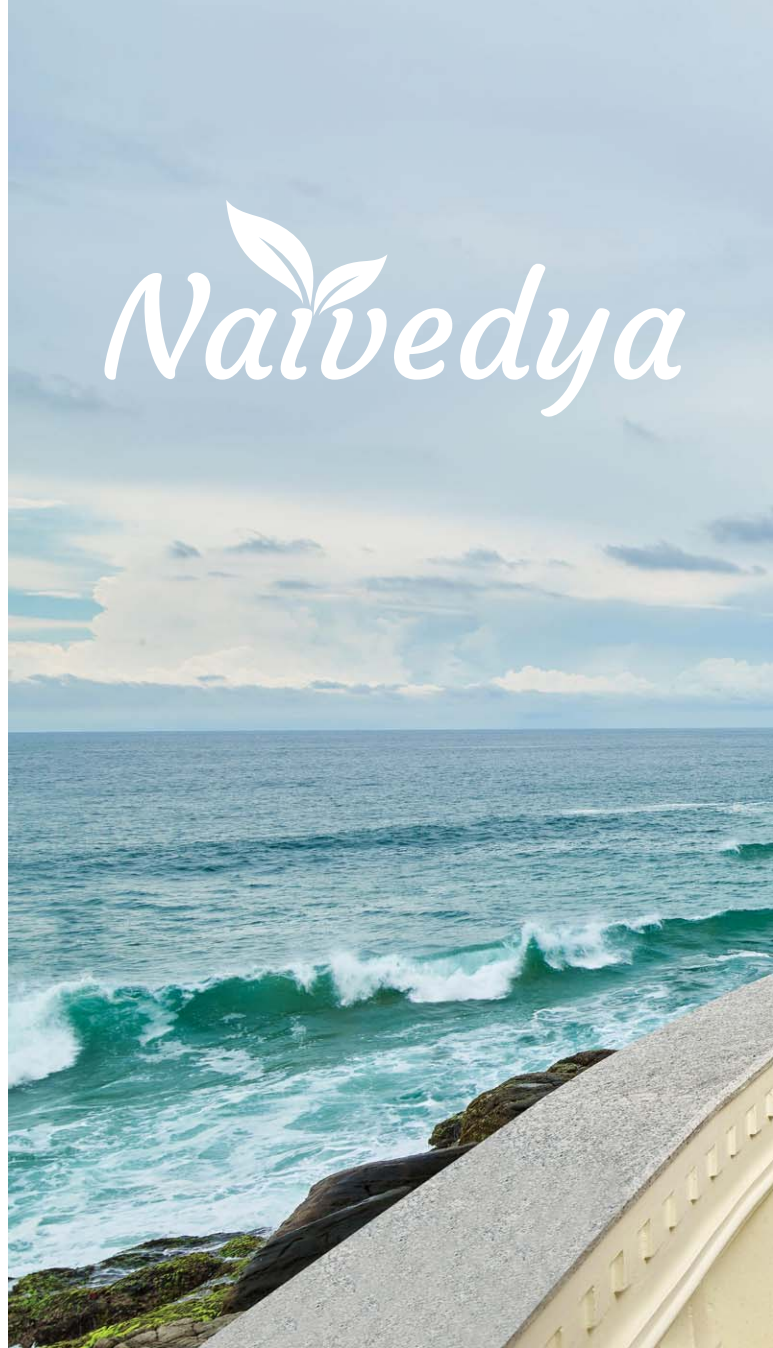


Naivedya

CULINARY & AYURVEDA

Your meals at 'Naivedya' our, all day dining restaurant is prepared in harmony with the fundamental philosophy of Ayurveda and Saatvic Principles. Our team of culinary experts specialize in creating authentic dishes with a coastal touch and International signatures. This alfresco, sea facing restaurant offers farm fresh and seasonal produce from the Malabar Coast.

The essence of our culinary creations are predominantly vegetarian. Every dish is a tasteful mix of balance, flavor, and nutrition. Wholesome salads, juices, main course, fruits and desserts are carefully hand picked and introduced on the daily changing, set menu by our resident Chefs and Dieticians. Each meal is further personalized to suit your individual needs based on your Ayurveda treatments and body constitution.





TIMINGS OF RESTAURANT

Breakfast 07.00 AM to 10.00 AM

Lunch 12.00 PM to 03.00 PM

Dinner 06.45 PM to 10.00 PM

- In keeping with the philosophy of Ayurveda we do not serve alcohol at the restaurant or in the hotel premise. It is recommended to refrain from liquor during your experience at Rockholm.
- Every Tuesday at 5:30 PM and Friday at 5:00 PM there is a complimentary, live cooking demonstration at the restaurant. Guests can participate in an interactive cookery session hosted by our Kitchen team.

LIVING A HEALTHY AYURVEDA DIET

During your stay with us for your Ayurveda Cure experience, we aim to provide you with an Ayurvedic diet that conforms with the core essence and teachings of Ayurveda.

Our team of expert Ayurvedic Doctors and Dieticians work closely with our experienced chefs to curate a personalized daily changing menu suited to your every need.

We have crafted an outline of foods to consume and avoid and the best times to relish these meals for optimal benefits.



Fruits & Fruit Juices

Fruit and fruit juices should not be consumed during your meal time. We suggest you to consume cooked fruits during breakfast, lunch and dinner. Ideally please consume fruits and fruit juices one hour before your breakfast or after your breakfast and lunch. Consumption of fruits and fruit juices after dinner is not recommended.

Yoghurt, Lassi & Smoothies

Please do not consume these heavy milk products in the morning and evening times. You may do so during lunch. We encourage you to opt for buttermilk instead of raita, lassi or yoghurt.

Raw Vegetables / Salads

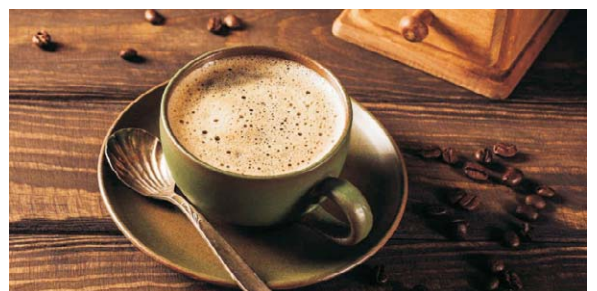
You can consume raw vegetables or salads containing raw vegetables only at lunch time. It is preferred to eat cooked or steamed vegetables at dinner. This assists in healthy digestion. It is not recommended you consume salads containing raw vegetables and dairy or dairy products during dinner.

Coffee

We certainly do not recommend coffee when you are undergoing an Ayurvedic treatment. Coffee contradicts the wholesome benefits of rejuvenation and detoxification.

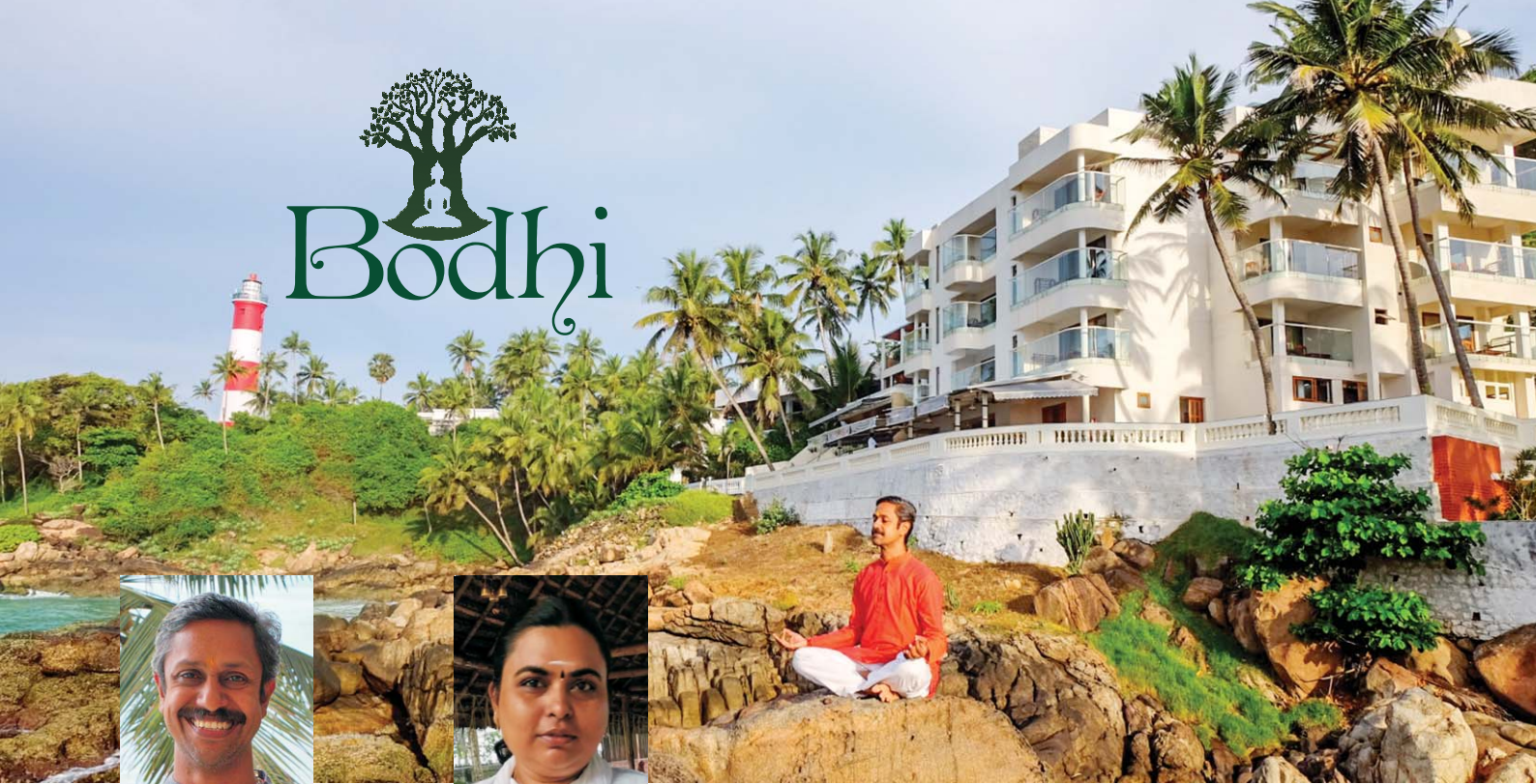
You may notice that on our A La Carte menu or set menus for other guests, some of the above items may be present. These are available because the special dietary recommendation varies from one individual to the other and the reasons why each guest is here also varies.

Always remember that while life has a variety of choices to offer, we urge you to make the right dietary choice best suited for your wellbeing by following our guidelines for an effective and rewarding Ayurvedic Cure.





Bodhi



Yogacharya Guruprasad
Yoga Master
Msc / M.Com / Master in Yoga /
Yoga Vadantha / Yogasheramani



Janaki, Bcs (Yoga)
Yoga Teacher
Msc (Yoga Therapy) /
M.Phil (Yoga)

Every day our yoga master, conducts yoga and meditation at the outdoor, sea facing Bodhi Yoga Pavilion located in close proximity to our lush garden area. We also have an outdoor Terrace Pavilion for yoga practice.

During your stay here, we encourage you to experience a daily yoga practice in addition to your Ayurveda treatments. Your consultation will be done based on the medical report received from your consultant physician. Additionally, a prior consultation with the yoga master is mandatory to help and guide you chose a favorable session that benefits you most. You can directly walk into the Bodhi Yoga Pavilion anytime for a consultation from 10:00 AM until 10:30 AM (mornings) or from 4:00 PM until 4:30 PM (evenings).

A complimentary interactive yoga philosophy talk is conducted every Thursday at 5:30 PM to elevate your wellness journey. It is a platform to engage in an interactive session that highlights the benefits of asanas, pranayamas and yoga as a way of life.

Meditation Sessions: We invite you to achieve complete rest and relaxation through deep meditation and awareness of the self. Meditation regulates the imbalances in the physical body, mind and soul. Daily meditation encourages mindful living and helps focus on thoughts without any judgment. You will slowly learn to appreciate the now in every moment through our series of guided meditation.

Wellness Sessions: Are designed for those who are new to the practice of yoga asanas and pranayamas. A perfect start to begin your journey of well being.

Progressive Sessions: Are best suited for those who are experiences in asanas and pranayamas.

Yoga Nidra: A state of complete relaxation and increased awareness of the inner world by following a soothing voice guiding you through this experience.

There will be no session on Sundays from 5.30 PM to 6:00 PM

Please carry your pool towel with you while attending a yoga practice

Dress: Comfortable clothing

Session 1	: 6 am -6.30 am	-	Meditation (30 min)
Session 2	: 6.30 am - 7.30 am	-	Progressive Yoga (60 min)
Session 3	: 7.45 am -8.45 am	-	Wellness Yoga (60 min)
Session 4	: 10.30 am -11.30 am	-	Yoga nidra, interactive session and yoga lecture
Session 5	: 4.30 pm - 5.30 pm	-	Wellness yoga (60 min)
Session 6	: 5.30 pm-6.00 pm	-	Meditation

PROPERTY GUIDELINE

Being an Ayurveda & Yoga centric hotel it is necessary for us to maintain a befitting ambience, Hence we request you to maintain our tranquil ambience by speaking softly and refraining from Smoking publically.



LEISURE & SERVICES

BICYCLES

With the intention of nurturing a cycling culture to discover the neighborhood, we offer complimentary bicycle hire on a first come first serve bases. The retreat currently has 2 bicycles for use. Please feel free to contact the reception to hire one.

NEWSPAPERS

The daily English newspapers are available at the reception; on prior request we can have them delivered to your room.

CURRENCY EXCHANGE

The daily exchange rates are mentioned at the board located by the Front Desk. You can exchange all prominent currencies including Euros, British Pounds, US Dollars and Swiss Francs between 9:00 AM until 6:00 PM. For a sum exceeding INR 14,000/- or 200 Euros, we request you to inform reception a day prior.

POSTCARDS AND STAMPS

Choose from an assortment of postcards to send greetings to your love one's at home. We will post cards and letters through the post office. Please contact reception for further details and applicable charges on larger parcels etc.

BEACH ACCESS

We offer a private access to the Lighthouse beach leading towards a secluded, coved area suitable for swimming due to low tides. Though the beach is available to the public it is fairly quiet with a few fisher folks and locals in the vicinity. Please contact the Front Desk for further details.

SUN BEDS & HAMMOCKS

Relax, nap or read a book and enjoy your leisure time in our garden area facing the sea.

MOSQUITO CONTROL

During the evenings we have a natural fumigation to keep insects especially mosquitos at bay using frankincense. The scented smoke from frankincense keeps insects away and is a natural repellent. We also provide mosquito nets for beds on request.



“NAMASTE” GREETINGS IN INDIA

Practice the Indian way of wishing each other during your stay with us.

Our guests at Rockholm are treated with utmost respect and hospitality. AthithiDevo Bhavah (An English equivalent of Guest is God) is our motto that we embrace with utmost dedication and compassion. Greeting each other with a 'Namaste' is a virtue at our property. An ancient and traditional form of Indian greeting. To perform a proper Namaste one should hold his/her palms together with the fingertips at chin level and nod rather than bow and say 'Namaste'. The literal meaning of Namaste is 'I bow to thee' or 'I honor the divinity within you'. This gesture is a sign of humility and deep respect used by Indian men and women alike when meeting with each other of the same or opposite sex.

We request you embrace this practice as far as possible during your stay with us.

GRATUITY (Tipping Policy)

Quality and warm service is the highlight at Rockholm. Gratuity should be purely made at one's own discretion. The below information provides a clear understanding of our tipping policy.

We have two separate 'Tipping Points' here -

1. Ayurveda Tipping Box available at the Ayurveda Centre
2. Retreat Tipping Box available at the Reception and Restaurant

AYURVEDA TIPPING BOX

If any guest would like to tip a particular therapist or doctor, they could simply place the desired amount inside a sealed envelope with the name of the individual and drop it inside the tip box at the Ayurveda Centre.

If any guest would like to commonly tip the staff at the Ayurveda Centre they could choose to drop the enclosed amount in the tip box.

RETREAT TIP BOX'S (Reception and Restaurant)

We believe in team efforts and therefore the tips placed in either of these boxes will be shared amongst everyone (This includes our staff across all areas including restaurant, yoga, reception, driver, gardeners, housekeeping, security, hospitality team and other members). These tips are shared on the tip eligibility criteria entitled for each staff decided in a fair manner by the management.

Ayurveda Doctors and Therapists are excluded from this as they have their own Tip Box exclusive to the Ayurveda Centre.

Guests are kindly requested not to tip the retreat staff individually.

ETIQUETTES ACROSS ALL PUBLIC AREAS - (Reception, Restaurant & Garden)

We offer complimentary Wi-Fi across our rooms and public areas. We however urge our guests to maintain the peace and tranquility of this retreat. Kindly ensure these privileges are not made at the cost of inconveniencing other guests. Loud video calls, playing music over cell phones, iPad or laptops are strictly prohibited in all public areas including lobby, restaurant, yoga pavilions, garden, Ayurveda Centre and treatment rooms.

Guests are requested to wear suitable clothing in public areas including restaurant, garden and reception. It is forbidden to enter any public area in swim suits without shorts or pants.

SAFETY TIP

Guests who wish to go for long walks along the Lighthouse Beach are advised to go in company. If guests are unable to find other guests to accompany them, please contact reception and we will arrange for a staff member. If you are going for a swim or a walk kindly return at sunset. There is a public lifeguard on duty at the beach everyday from 9:00 AM until 6:00 PM

We also request you to dress appropriately when you are outside the retreat in keeping with the Indian sensitivities and culture. Kindly contact the reception for any further assistance.

LOCAL TRANSPORT

Kovalam and the Thiruvananthapuram can be accessed by local transport, predominantly TukTuk or we recommend you book cars on the Uber app (subject to availability)

Thiruvananthapuram: One way - minimum of INR 300 to a maximum of INR 400

Charges shall be paid directly to the tuk-tuk driver by cash (INR). Please keep exact fare as far as possible.

Uber (app) cars can be used for travels across Kovalam and Thiruvananthapuram at fixed rates but is seldom available. Please use it at your own discretion.

NO SMOKING & NO ALCOHOL

Ayurveda advocates a lifestyle devoid of alcohol or smoking until the time you stay with us. Even after your return we recommend you to refrain from these habits if possible to achieve a tobacco and alcohol free lifestyle and to sustain the long term benefits of a holistic way of life.

Community Social Responsibility Initiatives

Rockholm at the Lighthouse beach is grounded in the ethos of green living and equal opportunities for the resident community in Kovalam. We foster an inclusive way of life and nurture our environment responsibly. While we are still in our infancy to achieve an ecologically responsible business model, we aspire to be early change makers and pave way for a healthy eco system that rightfully belongs to our current and future generations. Each of our purposeful, primary efforts are dedicated towards achieving this vision by being conscious change makers in the global community.

Our Core Sustainable business practices and initiatives include

1. A focused collaboration with our supplier chain and business associates to innovate and minimize the impact on the environment by conserving natural resources, minimizing waste and pollution in addition to monitoring and measuring key environmental factors.
2. An increased level of commitment amongst our stake holders - our employees, guests and the local community through education workshops, awareness and active implementation.
3. An in house Waste Water Treatment facility
4. Bio gas plant providing cooking gas to the entire Ayurveda Centre
5. Rain water harvesting
6. Hands on practical training on sustainable practices to enhance employee awareness and understanding
7. Plastic free hotel, we use glass bottled waters across our guest areas
8. An effort to decrease the carbon foot print, our chefs source local and seasonal produce directly from framers and local markets
9. Daily beach cleaning with designated dustbins
10. Lush tree and foliage cover to improve the quality of oxygen
11. Employment of women from the neighborhood for gardening and utility work
12. Maximum use of CFL lighting
13. Paper bags available for guest take aways at the restaurant and reception
14. Environmentally friendly guest activities including bicycles, volunteering, art, gardening etc.
15. Full compliance with the Kerala Pollution Control Board on all environmental parameters
16. Generating equal employment opportunities for the local community especially the women
17. Nattika Life Ayurveda Oils is our home grown brand of oils prepared by our team of well known Ayurvedic Vaidya's at the production unit in Thrissur (a 1500 sq. ft. until located in the vicinity of our flagship property-The Nattika Beach Ayurveda Resort, managed and operated by us). We prepare a selection of medicated and herbal oils which are available for purchase at our Ayurveda Centre as 500 ml and 250 ml glass bottles packed and sealed by Nattika Life Ayurveda Oils.



Rockholm is also committed towards supporting the local community through Sebastian Indian Social Projects, a not for profit organization based in the capital city of Thiruvananthapuram.

SISP is dedicated towards accelerating the life of the locals by providing school drop outs with free education, nurturing women empowerment, health care, social welfare and providing equal employment opportunities to the poorest of the poor irrespective of cast, gender or religion.



SISP is at the forefront of numerous innovative initiatives including "Girls First" and an active partnership with the Kovalam skateboarding club and surf club serve as motivational tools for children and youth. The only guiding rule being "no School, No Skate" and "No School, No Surf".



The team at SISP support, nurture, inspire the community live a wholesome life that is invested in their over all welfare and progress and the Rockholm family is delighted to support their community initiatives.

ROCKHOLM

THE UNTOLD STORY

The scenic Rockholm at the Lighthouse beach traces its history to the mid 1960's when the land was bought by Dr. Peter Christian to build a home for his family. Rockholm was designed by Supt of police- Herman Lopez. He was Dr. Peter Christian's father-in-law. It was built as a home for Dr. Peter Christian and his family. Fr. Manfred Hauk from Germany proposed the name Rockholm, which means rocks surrounded by water on three sides and aptly so. While the Christian family found it too far for schools and domestic life, the American and Russians eagerly rented the home and it was eventually rented to Beach Belair. In the meanwhile, Dr. Peter Christian's son Roger Oscar Christian who's initials also coincide with the first three alphabets of Rockholm desired to be an entrepreneur soon after college. His parents granted his wish to start a hotel and so he was sent to Chennai to gain hands on hospitality experience.

On October 1, 1979 Rockholm, a labor of love opened its doors to guests visiting Kovalam. Roger was joined by his mother, Joan Christian. Together they managed the daily hospitality operations. The 1970's witnessed the hippie movement in Kerala that later paved way to a loyal clientele of expats including diplomats, ambassadors, consulate members and patrons from Britain and Germany. Rockholm was highly recommended by the

American Embassy in Chennai and played host to various high profile delegations including members of the Interpol.

Rockholm was one of the first few hotels that established business only on word of mouth, this always ensured a full house. A favorite getaway amongst the regulars; visitors eventually became friends and celebrated personal milestones including birthdays and anniversaries. The Anglo Indian cuisine on offer claimed pride of position, under the tutelage of Mrs. Joan Christian. The signature specials included the best caramel custard, trifle puddings, lemon & pineapple pies, pork vindaloo, coconut and creamy fish moilee.

Rockholm continues to stand testimony to the good times; a toast to celebrations, warm friendships, laughter, great food, rich history and memories by the sea.





NATTIKA LIFE
AN AYURVEDA HERBAL & OIL COMPANY

In a huge step towards complete self-sustainability in all aspects of our Ayurvedic experience, we are proud to announce the foundation of Nattika Life. A dedicated in house 1500 sq. foot space has been setup for the production of our own Thaila's and Medicated Oils. Currently we are producing around 22 different Ayurvedic Oils with a monthly output of more than 1000 Liters.

By setting up our own Ayurvedic Oil production facility we have dramatically improved the efficacy of the

Ayurveda Treatments for our guests. The Best and most Natural ingredients are sourced for all oil preparations and along with daily inputs from our team of Doctors, we have Two Well-known Ayurvedic Vaidya's - Vaidyar Sasi and Vaidyar Mohanan, along with two assistants that are engaged full time in the production of our own Ayurveda Oils.

Guest also have the option of taking home both 500 ml and 250 ml glass bottles packed and sealed Nattika Life Ayurvedic Oils, currently available in our Souvenir shop and Ayurveda Pharmacy.

The Nattika Life Oil Company is located in
The Nattika Beach Resort in Thrissur

New Initiative undertaken to reduce the impact of plastic bottles on the environment

With an initiative to reduce the impact of plastic bottles on the environment, the Nattika beach resort has introduced a very innovative way of providing purified drinking water for guests in recycled glass bottles at the restaurant. This Initiative undertaken by the resort management to eliminate the need of disposing off the plastic water bottles and switching onto the returnable and reusable glass bottles has widely been appreciated by the guests.



RETAIL THERAPY IN THIRUVANATHAPURAM

A host of malls, stores and boutiques make the capital city a shopper's paradise. Choose from the best of textiles, saris, jewelry, arts, artefacts, spices, condiments, décor, Indian clothing, books, gifts and so much more from the exhaustive list below.



Mall of Travancore

Central Mall

Brand Factory

Fab India

Ramachandran Textiles

Sarwaa Lifestyle

Staceys International

Pothys

Saphalyam complex

MG Road

Mc Adils Antiques

KaralKkada

Lulu Mall (opening soon)



SHARE, POST, TAG & REVIEW US ON



@rockholmbeachhotel – Tag, repost, like, comment or share your candid Rockholm moments and follow us



@rockholmbeachhotel – Tag, review, like, comment or share

Additionally, you may also write your review on Trip Advisor and Google



DAILY ACTIVITIES

A host of thoughtful, complimentary activities are designed in keeping with your interests of Ayurveda, Yoga and Healthy Living. Experience a weekly schedule of in house group activities and workshops to suit your taste and interests. We would be pleased to further assist you with any queries and detailed information as desired.



AYURVEDA LECTURE

Hosted every Sunday evening at 4.15 pm, for those inspired by the Eastern science of Ayurveda. Opt for an interactive session by our resident experts and understand the essence of this 5000 year healing discipline that originated in Kerala.



HERBAL GARDEN VISIT

A Monday evening activity at 5:00 pm, discover a wide variety healing plants, creepers, shrubs, trees and more. We will walk you through each plants health benefits, medicinal value and use in Ayurveda.



COOKING DEMONSTRATION

Perfect your culinary skills with our chefs every Tuesday evening at 5:30 pm and every Friday at 5:00 pm. Participate in an interactive cookery class complete with recipes, an understanding of Indian spices, various cooking techniques and their many benefits.



LIVE MUSIC CONCERT

An evening of soothing, Indian classical music every Wednesday at 7:00 pm. Enjoy a melodious celebration of soulful music by our local, talented artists and acquaint yourself with the unique musical instruments of India. Please note that this schedule may vary. In event of a change in time, our reception team will keep you informed.



YOGA TALK

Join our Yogacharya at the Bodhi Yoga hall every Thursday evening at 5.30 pm for an interactive lecture on the philosophy of yoga. Short stories, history and the yoga way of life form an integral part of the talk. Understand the various aspects of asanas and pranayama's to help strengthen your daily practice.



LIGHTHOUSE VISIT & MUSICAL FOUNTAIN

Enjoy your weekend evening every Saturday from 4.45 pm with a visit to the Vizhinjam Lighthouse. Get a glimpse of the Kovalam coastline from the best view point. End the evening watching the fantastic musical fountain show at the Lighthouse from 7.00 pm onwards.

NEIGHBOURHOOD EXPERIENCES & LOCAL SIGHTSEEING

Enjoy a selection of curated experiences and explore Kerala's diversity. A host of sightseeing experiences at fixed rates in and around Kovalam inspires your senses and allows you to discover this beautiful coastal town and beyond. Our Front Desk team would be delighted to assist and hand pick a choice of experiences that interest you during your stay with us.

Vizhinjam Lighthouse & Hawa Beach – 10 am – 5 pm



Explore the popular Hawa beach located North of the Lighthouse, one of the three favorite beaches of Kovalam. Secure the best vantage point of the stunning coast line from the 118-meter-tall Vizhinjam Lighthouse and capture picture perfect photos of the evening skies and green landscape.

Charges For 2 Pax : Rs. 1000/-
Add/Pax : Rs. 500/-

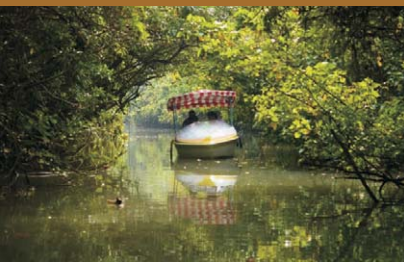
Kovalam Trip between 8 am – 4 pm



Explore the tourist friendly beaches of Kovalam, enjoy a day of shopping and retail therapy including jewelry, exotic spices, handicrafts, souvenirs and more. Savor a hearty lunch of fresh seafood and coastal delicacies and pay a visit to the distinguished Kovalam Palace also called Halcyon Castle.

Charges For 2 Pax : Rs. 1500/-
Add/Pax : Rs. 500/-

Poovar Backwater between 8 am – 4 pm



Discover the scenic island of Poovar surrounded by river Neyyar. Engage in a day of migratory bird spotting, the quaint backwaters, visit Kerala's only Mangrove island and spend quality time by the Golden sand beach. All this before you catch a glimpse of the Estuary View; where the river and sea meet.

Charges For 2 Pax : Rs. 3750/-
(2000 Taxi + Rs. 1750 Boat Charge)
Add/Pax : Rs. 500/-

Trivandrum Sightseeing between 8 am – 4 pm



A bustling city experience of the capital, including a visit to well known shopping centres and the local Chalai market. Explore the historic landmarks of the city including - Naiper Museum, the Kavadiyar and Kundramalika Palace, the Trivandrum Zoo and the iconic temples of Padmanabhaswamy and Pazhavangadi.

Charges For 2 Pax : Rs. 3000/-
Add/Pax : Rs. 300/-

A day trip that includes a visit to the charming lake and gravity dam on the Neyyar river. Visit the elephant sanctuary and rehabilitation centre and the Shivananda Ashram, India's most sought after Yoga retreat.

Charges For 2 Pax : Rs. 3500/-
Add/Pax : Rs. 500/-

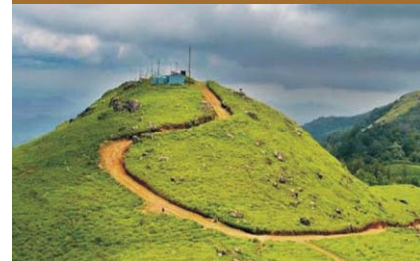
Neyyar Dam between 8 am – 4 pm



A mesmerizing hill station dotted with misty hills and tea plantations is a refuge from the sultry weather. Located North East of Kovalam, the winter months starting from November until March is the best time to visit.

Charges For 2 Pax : Rs. 5000/-
Add/Pax : Rs. 500/-

Ponmudi Trip between 8 am – 4 pm



Kerala's most appreciated backwaters is a network of waterways and narrow canals. Stay over night in a plush houseboat as you float past paddy fields, palm fringed villages, toddy shops and watch life go by. The backwaters are home to several migratory birds and a relaxing escape from the city.

Charges For 2 Pax : Rs. 10000/-
(10000 For HouseBoat) Variable as per season
Add/Pax : Rs. 2000/-

Alleppey Boat House 8 am onwards overnight trip



The coastal town of Kanyakumari in the neighboring state of Tamil Nadu, is a reputed pilgrimage town, located on the Southern tip of India. Your itinerary includes a visit to The Thriuvallar statue, Kanyakumari Devi Temple, Suchindram Temple and Velankanni church that are hallmarks of repute amongst the devout.

Charges For 2 Pax : Rs. 6000/-
Add/Pax : Rs. 500/-

Kanyakumari Trip 9 am onwards



Varkala Trip – 9 am onwards



The hippie beach town of Varkala is a tourist's paradise of sun, sand and sea. Experience the main attractions including Sivagiri Temple and Cliff beach known for its shimmering white and black sand. Numerous restaurants and buzzing cafes serve a variety of Indian and International cuisines to choose from. Soak in the vibrant vibes of this cliff top town and enjoy a blissed out beach break catching the best waves.

Charges For 2 Pax : Rs. 6000/-
Add/Pax : Rs. 500/-

ROCKHOLM DÉCOR & ARCHITECTURE



The chief architect and interior designer of Rockholm is Bijoy Ramachandran from Hundred Hands, Bengaluru. He has been instrumental in creating this refreshing yet contemporary retreat space that nurtures healing and holistic wellbeing.

Art has a special place at Rockholm and you will notice the presence of artefacts, antiques, paintings and murals inspired by the history, environment, culture and essence of the Malabar Coast.

Most of the new art have been sourced from Art Flute. An online market place for contemporary art from renowned, global artists. Each of our art works have been purposefully curated to create an interactive space in our guest rooms, public areas and across the hotel property.

Delhi based mural artist Rajani Pillai has created the artwork on the reception brick wall and at the restaurant wall.



The reception mural wall depicts the classical dance of Kerala 'Kathakali'. This elaborate dance form is distinguished by dramatic, colorful face masks and costumes. The artist has beautifully rendered this expressive, popular dance form as a tribute to Kerala's most popular art.

The restaurant mural wall depicts a scenic art wall that pays tribute to the landmark Lighthouse that naturally lends its name to the beach. A remarkable reminder of the vast sea, fisher folk, the palm fringed landscape and the rocky terrain dotted by birds in the distant sky.

A select number of painting over 40 years old now have been commissioned by the erstwhile owner Mr. Peter Christian. However, the artists are unknown.

A collection of curated artefacts and antiques pieces add character to the interior spaces and include -

Shiva in Hunter Avatar -

Designed and hand crafted by the Leens family, the famed Kochi based handicraft and antique dealer. This mystical statue is inspired from the Mahabharata, the ancient Indian epic in which Lord Shiva was a hunter and fought with Arjuna.





The Garuda - referred to as Lord Vishnu's divine carrier in Hindu mythology, this intricate antique is over 100 years. It has been created using vegetable oil paints and is sourced from Kayamkulam, Kerala. It was carried as an integral part of the temple procession, a traditional aspect that is symbolic of daily worship in the Hindu tradition.



The Eternal Radha Krishnan - formerly from a residence hailing from Palakkad, located in the Eastern part of Kerala; this relic is believed to be around 50 years. A classic Radha Krishna statue it was placed in the puja room (worship area, a sacred custom in Hindu homes) of the former owners. This statue is considered as a symbol of love, aura and peace and is a popular Indian household figurine.



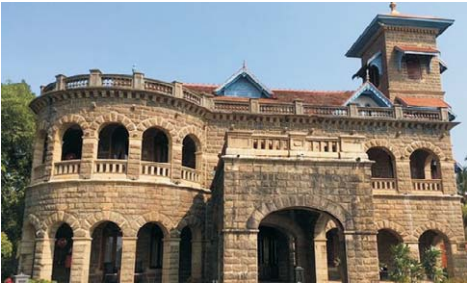
The Winged Apsaras - also known as water nymphs, this figurine has delicate gold foiling with vegetable oil painting. This intricately designed antique hails from the neighbouring state of Tamil Nadu. It was originally placed on the roof top of the temple in Tamil Nadu.

DISCOVER THE BEST OF KOVALAM



Vizhinjam Lighthouse

Often referred to as The Lighthouse and officially called Vizhinjam Lighthouse (named after the Vizhinjam village in Kovalam). It is located at a close distance of 290 meters to Rockholm. The Lighthouse is Kovalam's best vantage point to view the coast line of Southern Kerala. The red and white striped tower is cylindrical with a height of 36 meters. You can access the lighthouse through a spiral staircase until you reach the summit that overlooks 'The Lighthouse Beach'. The Lighthouse is open from 9:00 am until 5:00 pm and has a nominal entry fee.

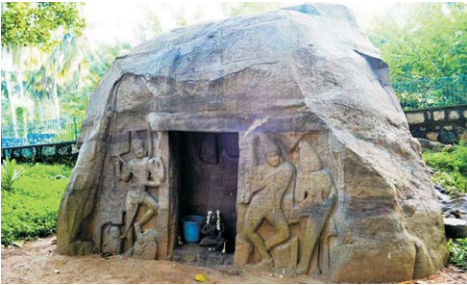


Halcyon Castle

Pays tribute to the glorious history & heritage of Kovalam often hailed as the Kovalam Palace by the locals. It was built in 1932, by M.R. Sri Rama Varma Valiya Koil Thampuram. Sri Rama wanted to build a summer retreat for him and his family and this translated to the perfect retreat for his spouse Maharani Sethu Lekshmi Bai and the entire family.

Now it is being run as a five star resort.

The palace is at a distance of nearly 2 Km from Kovalam and can be reached easily by taxi or tuk-tuk. We recommend you make a day visit. There is no entrance fee.



Vizhinjam Rock Cut Cave Temple

Considered the smallest rock cut shrine in Southern India, the Vizhinjam Rock Cut Caves is one of the earliest rock cut caves temples in Kerala. The granite cave encloses a one celled shrine with a loose sculpture of Vinandhara Dakshinamurthi. The outer wall of the cave depicts half-complete sculptures of the Hindu God Shiva and Goddess Parvathi.

Temple Timings are from 09:00 am - 6:00 pm. It remains closed on Mondays.



Sunset at Valiyathura Pier

Located close to the capital city of Thiruvananthapuram, this is one of the admired view points to catch the golden hour in Kovalam. Mesmerizing sunsets, the fishermen casting their nets and the waves crashing against pier; the experience is surreal.



Kovalam Art Gallery

Situated on the tourist friendly Hawa Mahal beach in Kovalam, this art gallery is a must do for artists and art lovers. The gallery houses a curated collection of paintings, artifacts and sculptures that depict Indian traditions and culture. Entrance is free for visitors.



Poovar Island

Poovar in Malayalam means river and flower. Poovar Island is a small coastal fishing village about 20 kms South East of Kovalam and is famous for its beach and backwaters. Poovar is surrounded by river Neyyar. The island is known for its natural beauty and back water cruises.

LAM & THIRUVANATHAPURAM

Sree Padmanabhaswamy Temple

Located in Thiruvanthapuram, this stately temple is a fusion of Kerala and Dravidian style architecture and dates back to the 8th century. The principal deity Padmanabhaswamy (Vishnu) is enshrined in this majestic temple fabled for its divinity and grandeur. It is one of the 108 sacred Vishnu temples in India. The shrine is currently run by a trust headed by the erstwhile royal family of Travancore.



Chalai Market

One of the well known markets in Thiruvananthapuram. This bustling bazaar stretches for over 2 km and has dozens of shops retailing garments, groceries, spices, condiments, handicrafts, souvenirs, street food and just about anything you need. There is always room to bargain, so its best to look out for the best deals before you buy. The market is open from 9:00 am until 8:00 am and is usually crowded in the evenings.



Shri Chitra Art Gallery

The Sri Chitralayam, popularly known as Sri Chitra Art Gallery, was opened to the public by the erstwhile

Maharaja of Travancore Sri Chitra Thirunal in 1935. His vision was to promote art appreciation and education amongst the people. This Thiruvanthapuram based gallery features a collection of paintings with a distinct stamp of Indian culture.

The major attraction of Sri Chitra Art Gallery is the paintings of Raja Ravi Varma, one of India's finest painters.



Napier Museum

Located in the heart of Thiruvananthapuram city lies the Napier Museum displaying Kerala's rich heritage. It was built in the 19th century and contains historical artefacts including bronze idols, ancient ornaments, a temple chariot and ivory carvings.

Also known as Government Art Museum, the architectural style of the museum is a mix of Indian, Chinese, Kerala and Mughal Schools of Architecture.

Visiting Hours: Open 10.00 am - 4.45 pm. Closed on Mondays, Wednesday afternoons, January 26th, August 15th, Thiruvonam and Mahanavami.



Attukal Bhagavathy Temple

One of the ancient temples of South India, popularly known as Sabarimala of the women because the majority of women devotees worship the Goddess Attukal. Devotees who visit Sree Padmanabhaswamy temple also visit this shrine in Thiruvananthapuram to worship Mother Attukalamma.

This temple has figured in the Guinness Book of World Records for being the single largest gathering of women for a religious activity.



AYURVEDA CULINARY BOOKS ON SALE

Sattva

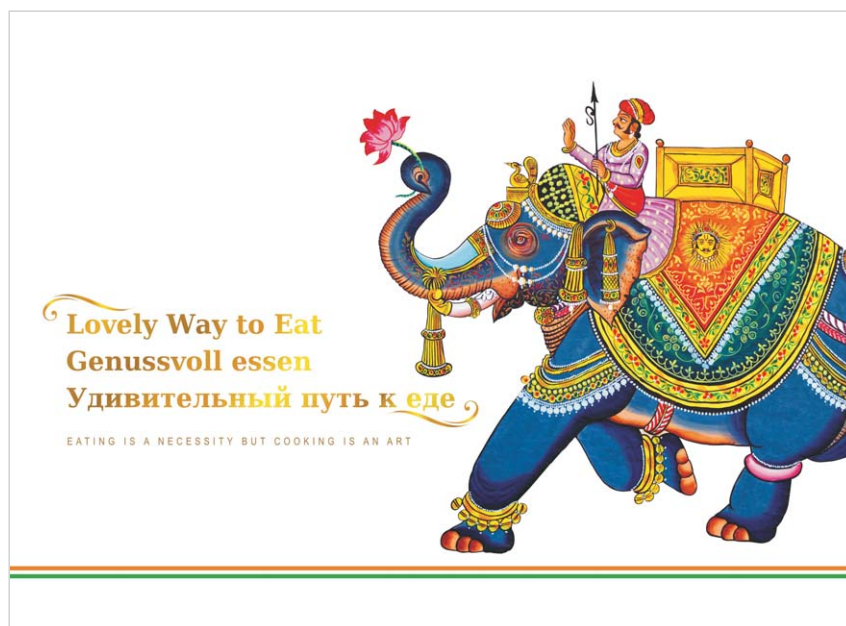
By Masterchef Joshy Sebastian



After the grand launch of the culinary book, 'lovely way to eat' in 2017 our grandmaster chef, Mr. Joshy Sebastian in association with The Nattika Beach Ayurveda Resort is ready with his another edition of mouthwatering recipes. This culinary book 'Sattva' is an authentic guide of the Ayurvedic approach to food and tasty cooking. With over 50 recipes of delicious Ayurvedic cuisine, it is an easy-to-follow guide for maintaining a balanced diet and healthy lifestyle. The recipes in this book are simple, seasonal, and delicious, while bringing the traditional foods of Ayurveda into the modern kitchen and continental style of cooking. The book uncovers the true potential of food to heal not only our bodies, but our minds too. Considering that fishes are labelled as Sattvic (yogic diet) for its relatively good medicinal values when cooked in the right method and consumed in right proportion, we have included 7 tasty and simple fish recipes in the book.

Lovely Way to Eat

By Masterchef Joshy Sebastian



After the grand success of the Ayurveda culinary book "Healthy way to eat" launched in the year 2016, our master chef Joshy Sebastian is back with another edition of lip-smacking healthy Ayurveda recipes. His latest book "lovely way to eat" which has been written in three different languages English, German & Russian gives a fresh new perspective on this ancient art of self-healing. Over 50 taste-tested recipes in this book are specifically designed to balance each constitution (Doshas), with an emphasis on simplicity, ease and sound nutrition.

The book is available for Rs. 1,600/-



THE NATTIKA BEACH

AYURVEDA RESORT

The Nattika Beach Ayurveda Resort was opened in 2009 as an exclusive resort offering the ultimate in relaxation and seclusion from the hustle and bustle of city life. The green leaf certified resort lies nestled amidst graceful coconut groves, spread over 16 acres of beautifully landscaped beachside gardens.

Set on the breathtakingly beautiful and serene Nattika beach in Thrissur, Kerala - the place is a haven for Ayurveda & Yoga holiday makers mainly from the countries in Europe where we have our major client base - Germany, Austria, Switzerland, France and Russia . The integration of our Ayurveda centre 'Swastha' which was launched in October 2010, quickly became well known for the authentic treatments and for the individual care extended by our medical team. Vedic way of wellness in all its purity can be explored here at the Ayurveda centre. Sourced from our own certified organic farm comes pesticide free, nutrient balanced food produces that at the kitchens turn to great flavours prepared by our Ayurveda culinary experts . In addition to the mesmerizingly beautiful surroundings, you would find all luxury comforts, delicious dining, and a host of daily enjoyable activities.

The Nattika Beach Resort is located on the shores of one

of the most beautiful beaches in Kerala. Our Accommodation includes 52 villas built in traditional architecture and comes in five categories which are Superior Deluxe villas, Deluxe Villas, Front row- Deluxe twin villas, Deluxe Twin villas and Twin villas. All villas have separate verandah. Resort's villa facilities include Air conditioner, mini refrigerator, telephone, television, electronic safe lockers, tea/coffee maker, hair dryer and 24 hours running hot and cold water

The Ayurveda Treatment Program is held under the personal guidance of our Ayurveda Doctors & Dieticians at all stages. We have a team of 7 doctors and 2 dieticians with over 70 Therapists under male and female categories. Further our guests are encouraged to normally stay for a period of 14 days or more in order to be able to fully immerse the senses to the Ayurvedic Lifestyle. We offer both Rejuvenation and Panchakarma (Body purification Treatments). The first day the guests will have a consultation with our consultant physician. The treatment program for each guest is unique and designed strictly by the doctors only after considering the imbalance of doshas, body constitution, presenting complaints etc. For proper assessment and treatment diagnosis, it is important to disclose information about your complaints since childhood, medical reports and history, personal information, habits and indulgences, nature, preferences etc. Only the information which doctors feel necessary for drawing up Prakriti (constitution) and Vikriti (imbalance) are sought and all patient data is kept private and confidential... Professional therapists supervise the comprehensive massage therapies.

Rockholm at the Light House Beach is a subsidiary of The Nattika Beach Resort Pvt. Ltd.





ROCKHOLM

AT THE LIGHT HOUSE BEACH

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THE NATTIKA BEACH
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