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# What is URVI?

Urvi Earth Centre is a holistic nature and art retreat centre. We provide a healing and rejuvenating environment through art, nature, music and movements.

We engage our guests with activities like clay extraction, clay modelling, camping, meditation, poetry, forest trekking, horse riding and various refreshing activities improvised to give healing benefits.

We also provide a space for artists to come, relax, experiment on their artistic fields and open up new perspectives.

# Etiquette

### Silence

Try to avoid using various electronic devices, receiving personal guests, social media or any personal communication unless necessary. Avoid using alarms, monitors will wake you up.

### Alcohol and Substance use

We do not encourage the use of alcohol and substances to get high. Peace and happiness should come from within, not without.

### Work practice

Engage in tasks to clean up our environment responsibily and learn to work wholeheartedly in mindfulness. Wash the dishes you have used and put it back in place.

### Meals

The meals provided will be all vegetarian and locally grown/sourced. Let our team members know in advance in case of any allergies or

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# Etiquette

## Waste management

Use the waste bins in place and segregation the waste properly at the time of disposal. Do not litter in the premises. The bottles and single use plastics brought in at time of arrival should be taken back during departure.

## Charging instructions

We are relying on solar energy for power so charge your devices between 9AM to 1PM.

### Fire safety instructions

Keep flammable items out of the mudhouse and tents. Ensure the match sticks are completely put out before discarding.

# Requirements

Thick jacket

Temp varies from 9°C to 15°C

Thick socks

To cover your feet while sleeping

Personal medications

Sanitizers

Spray bottle

Thermoflask

If you want to sip in warm water

Hotbag

If you want regulate temperature inside the tent

Blankets

We do have them, but if you need an extra layer of comfort.

Moisturizer

If you care about your skin

Trekking Backpack

We suggest backpack over suitcase

Shoes and slippers

Torch/Flashlights

Sunscreen lotion

Raincoat

We recommend you to bring musical instruments, if you can play it, and a plant or sapling as your contribution to Urvi.

# How to reach?

- © Google Map link https://goo.gl/maps/JMMu9Nf4Z2b7JkT16
- Nearest airport

  Cochin International airport (154 KM)
- Nearest railway station

  Alwaye Railway station (155 KM)
- Nearest bus station

  Munnar KSRTC Bus Dippo (49 KM)

# Experience

Urvi is a universal space to help humans evolve emotionally, physically and spiritually through transforming consciousness and realising unity. Urvi offers an immersive experience in nature as well as a deep dive into oneself through meditative and cathartic techniques.

Surrounded by lush greenery and a flowing stream, our humble mudhouse provides breathtaking views of mountains and blooming wildflowers. The enchanting presence of fireflies and a star-filled sky adds to the magic of Urvi.

Our focus on conscious and sustainable living includes farming, allowing guests to connect with the Earth and also savor fresh organic produce. With treks to waterfalls, mountain tops and hidden caves, you can explore and engage with nature and yourself on a deeper level. The campfire gatherings coupled with stories and music provide a cozy environment to connect with people.

Urvi invites you to embrace conscious living and celebrate life in the natural world to the fullest.

## Contact

#### **&** Bodhi

+91 70126 28341

+91 82817 05878

### Google Map link

https://goo.gl/maps/JMMu9Nf4Z2b7JkT16

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Urvi Earth Centre, Chilanthiyar Kottakambur, Vattavada Kerala 685615

#### Payment

UPI Number: 82817 05878

UPI ID: harigovindganesh98@okhdfcbank