



YOGA UNITED
in the spirit of yoga



Recommended Flights Return: London, UK to Kochi, India
Total Yoga Nidra Teacher and Facilitator Training
 Return to the Source: Retreat / Training Experience in Mother India
 25 November – 5 December 2018

The following are recommended flights for our time together. Arriving on the 08:05am on 25 November, is ideal for joining the group transfer to the retreat venue. You are of course welcome to arrange other flights that arrive before 08:05am and join the group for the transfer. If you get a later flight, you will need to pay extra for your transfer to the venue.

It is also possible to stay after the training and join a Yoga United Tamil Nadu temple tour. For more information on this go to their website: <https://www.yogaunited.com/yoga-holidays#holiday-section-2>

Depart	Arrive			
LHR London Heathrow	DXB Dubai	Flight EK002	Aircraft Airbus A380-800	Class / Fare type Economy / Saver
13:40 Saturday 24 Nov 18	00:40 Sunday 25 Nov 18	Duration 7hrs 0min	Stops Non-stop	Flight features

Connection in Dubai: 2 hours 5 minutes

Depart	Arrive			
DXB Dubai	COK Kochi	Flight EK530	Aircraft Boeing 777-200LR	Class / Fare type Economy / Saver
02:45 Sunday 25 Nov 18	08:05 Sunday 25 Nov 18	Duration 3hrs 50mins	Stops Non-stop	Flight features

Inbound | Kochi to London Heathrow | Total travel time: 14 hours 50 minutes

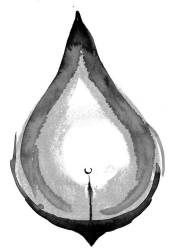
Depart	Arrive			
COK Kochi	DXB Dubai	Flight EK533	Aircraft Boeing 777-300ER	Class / Fare type Economy / Saver
04:30 Wednesday 05 Dec 18	07:05 Wednesday 05 Dec 18	Duration 4hrs 5mins	Stops Non-stop	Flight features

Connection in Dubai: 2 hours 35 minutes

Depart	Arrive			
DXB Dubai	LHR London Heathrow	Flight EK029	Aircraft Airbus A380-800	Class / Fare type Economy / Saver
09:40 Wednesday 05 Dec 18	13:50 Wednesday 05 Dec 18	Duration 8hrs 10mins	Stops Non-stop	Flight features



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Recommended Flights Return: London, UK to Kochi, India
Well Woman Yoga Therapy Teacher Training
 Return to the Source: Retreat / Training Experience in Mother India
 5 – 13 December 2018

The following are recommended flights for our time together. Arriving on the 08:05am on 5 December, is ideal for joining the group transfer to the retreat venue. You are of course welcome to arrange other flights that arrive before 08:05am and join the group for the transfer. If you get a later flight, you will need to pay extra for your transfer to the venue.

It is also possible to stay after the training and join a Yoga United Tamil Nadu temple tour. For more information on this go to their website: <https://www.yogaunited.com/yoga-holidays#holiday-section-2>

Outbound London Heathrow to Kochi Total travel time: 12 hours 55 minutes					
Depart	Arrive	Flight	Aircraft	Class / Fare type	
LHR London Heathrow	DXB Dubai	Flight EK002	Aircraft Airbus A380-800	Economy / Saver	
13:40 Tuesday 04 Dec 18	00:40 Wednesday 05 Dec 18	Duration 7hrs 0min	Stops Non-stop	Flight features	
✈ Connection in Dubai: 2 hours 5 minutes					
Depart	Arrive	Flight	Aircraft	Class / Fare type	
DXB Dubai	COK Kochi	Flight EK530	Aircraft Boeing 777-300ER	Economy / Saver	
02:45 Wednesday 05 Dec 18	08:05 Wednesday 05 Dec 18	Duration 3hrs 50mins	Stops Non-stop	Flight features	
Inbound Kochi to London Heathrow Total travel time: 14 hours 50 minutes					
Depart	Arrive	Flight	Aircraft	Class / Fare type	
COK Kochi	DXB Dubai	Flight EK533	Aircraft Boeing 777-200LR	Economy / Saver	
04:30 Thursday 13 Dec 18	07:05 Thursday 13 Dec 18	Duration 4hrs 5mins	Stops Non-stop	Flight features	
✈ Connection in Dubai: 2 hours 35 minutes					
Depart	Arrive	Flight	Aircraft	Class / Fare type	
DXB Dubai	LHR London Heathrow	Flight EK029	Aircraft Airbus A380-800	Economy / Saver	
09:40 Thursday 13 Dec 18	13:50 Thursday 13 Dec 18	Duration 8hrs 10mins	Stops Non-stop	Flight features	