



DISCOVER AYURVEDA & WELLNESS  
FOCUSED HOSPITALITY

# INTERNSHIP OPPORTUNITY IN HOLISTIC AND WELLNESS HOSPITALITY

## Namaste!!

Are you pursuing a career in hospitality, wellness tourism, international tourism management or health management? We invite you to embark on a unique internship journey with Nattika Ayurveda Retreats, offering placements at our renowned wellness retreats: Nattika Beach Ayurveda Resort in Thrissur, Kerala; Rockholm Beach Retreat in Trivandrum, Kerala; and Retreat Park am See Nattika in Germany.

As pioneers in Ayurveda-centered hospitality, our retreats are dedicated to promoting authentic Ayurveda practices combined with exceptional hospitality standards. Through this internship, we offer you an unparalleled experience to deepen your understanding of wellness tourism, Ayurveda, and cultural exchange.

### **About the Internship Program**

Interns will gain hands-on experience in multiple facets of wellness resort operations, focusing on areas such as Front Office, Ayurveda, Guest Relations, Reservations, and Accounts. As part of our team, you'll work alongside skilled professionals to support and facilitate guest experiences across different departments.

### **Your primary responsibilities will include:**

Managing guest inquiries and providing support throughout their wellness journey.

Assisting with guest consultations and acting as a bridge between guests, practitioners, and the management.

Translating documents, assisting during consultations, and ensuring smooth communication for our diverse guest base.

Coordinating guest services, participating in excursions, and contributing to cultural immersion activities.

This program is ideal for students in hospitality, tourism, health tourism, or those with an interest in integrating wellness with hospitality. The expected duration of the internship is 4-5 months, with flexible start dates.

### **Benefits of the Internship**

We offer a comprehensive support package to ensure a comfortable and enriching experience:

Accommodation in a fully furnished single-room facility located near the resort.

A monthly stipend of 200 EUR.

Access to sitting in on Ayurveda consultations for those guests that require translation services and a chance to attend daily yoga sessions.

Full board Ayurvedic meals from our in-house restaurant or cafeteria.

Paid monthly leave, with five days off per month.

Complimentary access to beach and lake side.

Opportunities for travel and cultural exchange with visits to key tourist and cultural sites.

### **Application Process**

If you are passionate about exploring wellness hospitality and gaining practical experience in a multicultural environment, we encourage you to apply. Please send your bio-data and relevant experience certificates to:

**Email: [reservation@thenattikabeach.com](mailto:reservation@thenattikabeach.com) or [joseph.kodath@thenattikabeach.com](mailto:joseph.kodath@thenattikabeach.com)**

### **For more information on our retreats, visit:**

Websites:

[www.thenattikabeach.com](http://www.thenattikabeach.com)

[www.rockholm.com](http://www.rockholm.com)

[www.parkamseenattika.com](http://www.parkamseenattika.com)

Join us for an enriching experience that combines professional growth with cultural immersion and wellness learning.



THE NATTIKA BEACH  
AYURVEDA RESORT



Located in Thrissur, Kerala, Nattika Beach Ayurveda Resort is our flagship property, celebrated for its serene beachfront location and commitment to holistic wellness. The resort features 52 spacious villas, each thoughtfully designed to provide comfort and tranquillity. Guests can partake in authentic Ayurvedic treatments, ranging from rejuvenation therapies to specialized ayurveda programs. The in-house Ayurvedic doctors and therapists tailor treatments to individual needs, ensuring a personalized healing journey. The resort also offers yoga sessions, meditation, and a variety of wellness workshops, making it a haven for those seeking a comprehensive wellness retreat. Its picturesque setting, coupled with the sound of the waves, creates an ideal environment for relaxation and rejuvenation.

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ROCKHOLM  
AT THE LIGHT HOUSE BEACH



Situated in Trivandrum, Kerala, Rockholm at the Lighthouse Beach is a historic beach hotel transformed into a boutique ayurveda wellness retreat. The property features 23 exquisitely designed rooms that blend modern luxury with traditional charm. Each room offers breathtaking ocean views, providing a perfect backdrop for a tranquil stay. The retreat focuses on personalized Ayurvedic treatments and wellness programs, tailored to meet the unique needs of each guest. The pristine surroundings and proximity to the iconic lighthouse enhance the overall experience, making it a popular destination for those seeking both relaxation and revitalization. Guests can also enjoy yoga, meditation, and organic dining experiences that complement their wellness journey.

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# PARK AM SEE

NATTIKA AYURVEDA



Nestled in the beauty of Lake Tollensesee in Mecklenburg-Vorpommern, Retreat Park am See Nattika Ayurveda offers a holistic approach to health and well-being, rooted in the wisdom of Ayurveda-centered in Germany. With personalized treatments, rejuvenation therapies and wellness programs, the retreat aims to impart balance, healing and harmony. Only 130 km from Berlin, the Retreat Park Am See Nattika Ayurveda in Alt Rehse is within easy reach. On 64 hectares, our retreat offers an idyllic setting for rejuvenation and self-discovery. The architecture conveys tranquillity and combines modern design with traditional elements. Our comprehensive range of Ayurvedic therapies and treatments, as well as authentic and type-appropriate cuisine, is delivered by highly qualified Ayurvedic doctors, therapists and our chef from Kerala, India.

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Nattika Life is dedicated to producing high-quality Ayurvedic products, including Thailams, medicated oils, and blended essential oils. This division supports our wellness ethos by ensuring that our guests have access to top-notch Ayurvedic products during their stay. Nattika Life also offers a full suite of online wellness services available through a monthly subscription model. These services include virtual consultations with Ayurvedic doctors, personalized wellness plans, and access to a wide range of Ayurvedic products. Nattika Life is committed to promoting the principles of Ayurveda beyond our retreats, making wellness accessible to a global audience.





## HALF MOON CAY

NATTIKA WELLNESS & DIVE EXPERIENCE



Our latest acquisition, Half Moon Cay, is a 9-acre private island in the Western Caribbean, set to launch in December 2025. This new venture offers a unique blend of wellness and diving experiences, promising guests a one-of-a-kind getaway. The island features pristine beaches, vibrant marine life, and luxurious accommodations, providing an idyllic setting for relaxation and adventure. Guests can explore the underwater world through guided diving excursions, while also participating in wellness activities such as yoga, meditation, and Ayurvedic treatments. Half Moon Cay is poised to become a premier destination for those seeking a harmonious blend of adventure and relaxation.

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## SAMUDRANANDA

AYURVEDA RETREAT



Currently under development in the Chavakkad District of Thrissur, Samudra Ananda Ayurveda Retreat is an intensive Ayurveda beach retreat slated to open in 2026 with 40 rooms. This retreat will offer an immersive Ayurvedic experience, focusing on deep healing and rejuvenation. Guests will have access to a wide range of Ayurvedic treatments, yoga sessions, and wellness workshops, all set against the backdrop of a beautiful beachfront location. The retreat aims to attract wellness enthusiasts and those seeking a holistic approach to health, providing a sanctuary for healing and transformation.

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We aim to stand at the forefront of wellness and innovation, setting new standards in Authentic Ayurveda Hospitality. With a dedicated team of over 400 professionals, we strive to deliver unparalleled experiences at all our retreats. Our commitment to holistic health and luxury is reflected in every aspect of our operations, from personalized guest services and ayurveda therapies to the development of premium ayurvedic products.



#### **Contact Information**

Central Reservations: +91 8943884444

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[www.thenattikabeach.com](http://www.thenattikabeach.com)

[www.rockholm.com](http://www.rockholm.com)

[www.parkamseenattika.com](http://www.parkamseenattika.com)

[www.nattikalife.com](http://www.nattikalife.com)

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For any inquiries, please contact our team at  
[reservation@thenattikabeach.com](mailto:reservation@thenattikabeach.com)