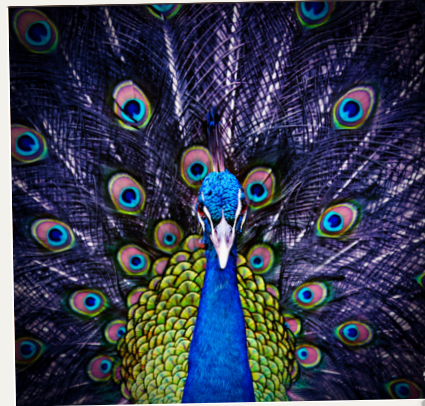


A SPIRITUAL TOUR OF SOUTH INDIA DEC 8 - 19, 2024 ITINERARY



Day 1

*Chennai, Tamil Nadu
Adi Kesava Temple -
Welcome Dinner*



Day 2

*Kapaleeswarar Temple
ST. Thomas church
Silk Weaving*



Day 3

*Kalakshetra Foundation
block printing painting
Indian Dance*



Day 4

*Pondicherry, French quarters.
Rent whole boutique Hotel
Grand D'Europe - 8 days*



Day 5

*Dr. Ananda Ashram
Yoga, Meditation and
Culture of Gitananda
lineage.*



Day 6

*Manakula Vinayagar Temple
Auroville Village
Eco village*



Day 7

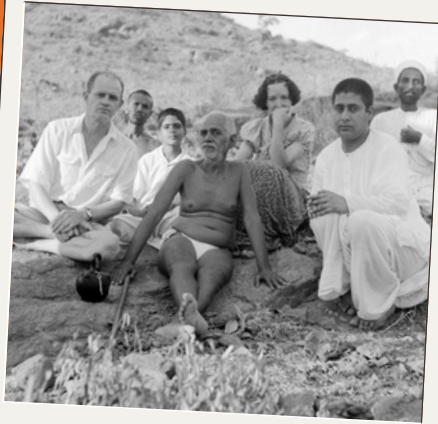
*South Indian Cooking
Aurobindo Ashram*



Day 8

*Matri Mandir
Mangrove Forest boat ride*





Day 9

Ramana Maharishi Ashram
Meditation caves
Thiruvanmalai Temple



Day 10

Svaram Musical Instruments
Sound bath
Shopping free time



Day 11

Cultural center Kolam workshop
Saree wearing/dress up
Farewell dinner with music



Day 12

Drive to Chennai
Fly back home
until we meet again!





Detailed Itinerary December 8th - December 19th -

HOTEL IN CHENNAI – Rain Tree St. Mary's

Day 01. Arrive Chennai - December 8th, Sunday

- Upon arriving in Chennai, (mostly the arrivals will be midnight/early mornings)
- transfer to hotel and rest of the day at leisure to settle down massages etc.
- 4 pm meet and greet in hotel
- Evening tour of Mylapore – “The Cultural Hub of City “
- 6 pm – Adi Kesava Temple, Santhome Cathedral Basilica, drive past Marina Beach.
- Dinner at famous south Indian restaurant
- Overnight at hotel in Chennai.

Day 02. Chennai – December 9th, Monday

- 8 am Yoga
- 9 am Breakfast
- Peacock tour of Chennai – Kapaleeswarar Temple and St Thomas Church
- Lunch and coffee at Local spot
- Visit silk weaving – People can buy saris/silk scarves/cloth.
- Yoga Nidra
- Dinner on your own
- Overnight at hotel in Chennai.

Day 03. At Chennai – December 10th, Tuesday


- 7 am breakfast
- 7:30 am Drive to Kalakshetra Foundation to observe student morning prayers
- Shown around campus – Tea coffee
- Workshop block printing painting
- 1 pm Lunch on campus
- meet dancers and enjoy traditional classical performances, story telling, interactive session with artists.
- 6 pm Yoga – Yoga Nidra
- Dinner on your own
- Overnight at hotel in Chennai.

HOTEL IN PONDICHERRY – HOTEL GRAND D'EUROPE – BOOK WHOLE HOTEL

Day 04. Chennai to Pondicherry – December 11th, Wednesday

(4-4.5 hrs drive)

- 8 am Yoga
- 9 am Breakfast
- 10:30 am check out and drive to Pondicherry enroute visit Mahabalipuram

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- Lunch on the way to Pondicherry
 - Afternoon at leisure.
 - Dinner on your own
 - Overnight at hotel at Hotel Grand D'Europe

Day 05. At Pondicherry – December 12th, Thursday

- 8 am Yoga
- 9 am Breakfast
- 10 am day trip to Dr. Ananda's Ashram – tour of Ashram, Yoga Practice, questions, lunch..
- 5 pm drive back to hotel
- 6 pm group round circle at hotel
- Dinner on your own

Day 06. At Pondicherry – December 13th, Friday

- 8 am Yoga
- 9 am Breakfast
- 10 am Sri Manakula Vinayagar Temple - an ancient temple dedicated to Lord Ganesha and is said to have been established almost 5 centuries ago.
- Lunch together at local spot
- 3 pm Visit Auroville the most environmental friendly village in India to sign up for Matri Mandir entrance day 8. Walk around grounds
- 6 pm Yoga Nidra
- Dinner on your own
- Overnight at hotel at Pondicherry

Day 7. Pondicherry – December 14th, Saturday

- 8 am Yoga
- 9 am Breakfast
- 10 am - cooking demonstration followed by lunch – go to market with chef, purchase the ingredients, briefing about the food, experience the cooking and eat lunch together.
- Visit Aurobindo Ashram
- Free time
- Dinner on your own
- Overnight at hotel at Pondicherry

Day 8. Pondicherry – December 15th, Sunday

- 8 am Yoga by the beach
- 9 am Breakfast
- Visit Matri Mandir
- Lunch
- Mangrove forest Pondicherry bay boat ride
- Free time
- 6 pm Yoga Nidra
- Dinner on your own
- Overnight at hotel in pondicherry



Day 9. Pondicherry – Thiruvannamalai – Pondicherry – December 16th, Monday
(2.5 hrs one way)

- 7 am Yoga
- 8 am Breakfast – SILENT MORNING
- 9 am Day trip to Thiruvannamalai Temple
- Ramana Maharshi Ashram
- Lunch at Ramana Maharshi Ashram shown around by one of the volunteers
- 2 pm After lunch hike up the hill to visit meditation caves
- 3 pm Thiruvannamalai Temple
- 4 pm drive back to Pondicherry
- Dinner on your own
- Overnight at hotel at Pondicherry

Day 10. At Pondicherry – December 17th, Tuesday

- 7 am Yoga on the beach
- 9 am Breakfast
- 10 am visit “Svaram Musical Instruments and Research”
- 12 pm – Sound Bath at Svaram –
- 1 pm lunch at Hotel
- Afternoon free for shopping and treatments
- Dinner on your own
- Overnight at hotel at Pondicherry

Day 11. At Pondicherry – December 18th, Wednesday

- 7 am Yoga
- 9 am Breakfast
- 10 am SITA Cultural Centre for Kolam workshop (02 hrs programme). Kolam or Rangoli all around in Indian streets. Practicing this daily traditional art form by yourself and dive into Tamil culture and Indian women best kept secrets.
- Lunch at hotel
- Afternoon on our own
- 6 pm Saree wearing workshop at our hotel to learn the art of wearing a saree and discover all the tips and hints to wear it comfortably.
- 7 pm group farewell dinner in traditional dress – Food – Music
- Overnight at hotel at Pondicherry

Day 12. Pondicherry – Chennai airport – December 19th, Thursday
(2.5-3 hrs)

- 7 am Yoga
- 9 am Breakfast
- 11 am drive to Airport or hotel in Chennai