



15 DAYS  
\$6800 TWIN SHARE  
or \$7950 SINGLE PERSON



# SOUTH INDIA YOGA ODYSSEY

2-16 NOVEMBER 2020

**Join us for 15-days of yoga, ancient temples and cultural immersion in the beautiful South India!**

Journey into the heart of sacred India. The South India Yoga Odyssey unites lively local experiences such as market visits and cooking classes with daily yoga sessions and visits to sacred spaces. From UNESCO World Heritage ancient temples and bustling shrines and the hallowed Arunachala hills. Join temple ceremonies, cruise the tranquil backwaters and explore cities that have drawn traders and intrepid travellers from antiquity. Journey through India's multiple paradoxes on an entirely supported and deeply nourishing South India Yoga Odyssey.



# 15-DAY YOGA GETAWAY

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## INCLUSIVE FEATURES

### THE YOGA + MEDITATION

This retreat, which is suitable for all levels of ability, offers a great opportunity for you to immerse yourself in a yoga and mindfulness practice and explore how this then affects your whole being. For those who do not know Jacqui & Shimon, they have over 60 years of collective experience in teaching, studying and practicing Yoga. Shimon's good humour will lift your spirit and Jacqui's depth of Spiritual wisdom will leave you quiet within. They will both take your Yoga practice to the next level. Enjoy daily yoga classes and meditation sessions throughout the 15-day getaway.

### IMMERSIVE CULTURAL ACTIVITIES

Provide insight into local culture with village excursions and temple visits. Participation in ancient rituals and sacred spaces. See the full itinerary on the following page for more details.

### BOUTIQUE HOTELS + RESORTS

Hand selected for authenticity and ambience. We'll stay in comfortable resorts, each loaded with character. See the full itinerary on the following page for more details.

### PRIVATE TRANSPORT

Throughout this land-based odyssey we'll travel mostly by small coach, but also journey by bicycle, boat and foot!

### CURATED CUISINE

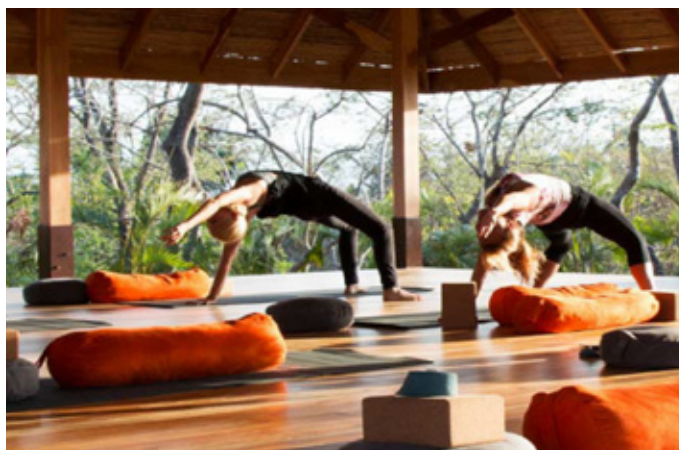
Savour local flavours and delight in traditional vegetarian meals, served daily throughout the 15-day getaway.



### INDIA CO-HOST

Australian born, Indian resident; Claire is well-versed in India's ancient and modern history, fluent in Hindi and passionate about creating meaningful travel experiences in India. Contact: [claire@grassroutesjourneys.com](mailto:claire@grassroutesjourneys.com)

**HAWTHORN MALVERN YOGA EVENTS**  
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### FULL PACKAGE

**SOUTH INDIA YOGA ODYSSEY:**  
15 DAYS | 2-16 NOVEMBER 2020

**\$6800 TWIN SHARE or \$7950 SINGLE**

Package includes: 14 nights accommodation

- All Meals & Mineral Water
- All Tour Transfers
- All Activities as mentioned in the itinerary and all Monument Entry Fees
- Accompanying Tour Leader
- Licensed English speaking private Local Guides
- All currently applicable taxes

### SPECIAL EARLY BIRD PRICE

**SAVE 5% if paid in full by April 2020.**

[hawthornmalvern yoga.com](http://hawthornmalvern yoga.com)



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## DAY 1 | MON 02 NOV

### CHENNAI, COURTYARD BY MARRIOTT

Arrive into the steamy capital of Tamil Nadu. Meet your yoga instructor, guide and co-participants. Today we begin our first yoga session and set the tone for our journey together. After breakfast we'll explore the city streets with a resident expert hearing many fascinating stories that guide the common beliefs and practices of the region. After a sunset meditation we'll explore what brings us together and how we can support each other in the coming weeks.

## DAY 2 | TUE 3 NOV

### PUDUCHERRY, GRATITUDE

Drive along the Coromandal Coast to the sprawling UNESCO World Heritage site at Mahabalipuram. A collection of ancient caves carved into and out of rock during the 7th and 8th century. We track the development of temple architecture and stone carvings during our site visit. After a spot of lunch we continue onto the former French colony of Puducherry. After an evening yoga session, enjoy a stroll along the foreshore at sunset and sample signature Indo-French cuisine.

## DAY 3 | WED 4 NOV

### PUDUCHERRY, GRATITUDE

After a morning stretch we take to the streets by bicycle to explore the French colonial enclave. Cruising along wide boulevards we'll take in restored bungalows and

civic buildings among the bustle of rickshaws and daily life. In the afternoon we'll take an excursion to the experimental spiritual society of Auroville. We'll have an opportunity to learn more about the founders and philosophy behind the international community that continues to thrive today.

## DAY 4 | THU 5 NOV

### TIRUVANNAMA LAI, SPARSA

After a morning yoga session we'll transfer to the unassuming town of Tiruvannamalai; an important pilgrimage spot where the Hindu God Shiva is embodied in the mountain of Arunachala. This afternoon we'll be captivated by the vast temple complex of Arunachaleswar. Dating from the 11th century, the original structure has seen additions over the years and now encompasses walkways, towering gopurams (gateways aligned with the 4 cardinal points), water tanks, shrines, priests, sadhus and trinket sellers.

## DAY 5 | FRI 6 NOV

### TIRUVANNAMA LAI, SPARSA

We dedicate today to surmounting the 800 metre-high boulder-strewn hill of Mt Arunachala. Leaving the village behind we'll enter two important caves where the revered Hindu sage Sri Ramana Maharishi spent 20 years practicing self-enquiry. We practice a little of our own as a fitting tribute. Continuing in Sri Ramana's very footsteps we'll reach the top of the mountain where we'll have an unsurpassable view over the town.



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## DAY 6 | SAT 7 NOV

### TIRUVANNAMA LAI, SPARSA

After a morning yoga session we'll enjoy an excursion to the tranquil Sri Ramana Ashram and visit the shrine where the much venerated Guru achieved Samadhi (ecstatic state involving conscious exit from the body). Set in beautiful green surroundings, we'll unwind, meet devotees, meditate and visit the bookshop. In the afternoon back in town we have the option to return to the Arunachaleswar Temple to participate in the evening puja (temple ceremony).



## DAY 7 | SUN 8 NOV

### TANJORE, IDEAL RIVER RESORT

Today we transfer to the ancient capital of the powerful Chola kings. Reigning the entire Indian Peninsula during the medieval ages the Cholas built epic temples and developed a beautiful signature bronze casting style (mostly of Hindu Gods & Goddess) that continues today. We'll visit the UNESCO World Heritage Brihadishwara Temple and Fort complex this afternoon. Encompassing several pillared halls and shrines and 250 lingas along the outer walls this 'Big Temple' is the crowning glory of Chola architecture. We'll also visit the 3 metre Nandi carved from a single rock and peak into the inner shrine.



## DAY 8 | MON 9 NOV

### TANJORE, IDEAL RIVER RESORT

This morning we are versed by Hindu priests in the ancient art of Vedic Chanting. Articulating the sounds that have reverberated this land for millenia, we learn the time-honored practice and inherent wisdom behind the use of Mantras. Later on we visit the Royal Palace and Museum Complex taking in various halls, galleries, library and bell tower. Afterwards we'll visit a handloom workshop and learn some signature South Indian drapes. In the evening we'll enjoy a classical music recital.





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## DAY 9 | TUE 10 NOV

### MADURAI, FORTUNE PANDIYAN

After a morning yoga session we'll drive to the thriving city of Madurai. One of South India's oldest cities, Madurai continues to be a place of commerce, pilgrimage and learning. We'll visit the landmark Sri Meenakshi temple located in the heart of the old city. The Temple's towering gopurams are riotously decorated with a profusion of multi-coloured Gods, Goddess, animals and other mystic figures. The world within is no less vivid with a bustle of temple activity around shrines, multi-pillared halls and a water tank. In the Temple Art Museum we'll witness some exquisite bronze sculptures.



## DAY 10 | WED 11 NOV

### MADURAI, FORTUNE PANDIYAN

An early pre-dawn rise will have us experience the city in an altogether different light. We'll observe householders decorate their doorsteps with mandalas to welcome prosperity into their home. Flower and vegetable markets as farm fresh produce rolls in and famous tea sellers boil up their spicy brew. Later we have the option to visit the Gandhi Memorial Museum or continue to explore the city streets. In the afternoon we visit a home and learn some of South India cuisine's specialities.



## DAY 11 | THU 12 NOV

### TURTLE BEACH, MARARIKULAM RESORT

After a morning yoga session we'll cross into the verdant state of Kerala. A land blessed with fertile soil and home to many of India's spices, Kerala has been dubbed 'God's Own Country' and it's easy to see why. We'll unwind under the shade of coconut palms or indulge in an Ayurvedic massage. Enjoy the spectacular sunsets of the west coast.



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## DAY 12 | FRI 13 NOV

### TURTLE BEACH, MARARIKULAM RESORT

Today we enjoy a tranquil houseboat cruise on the beautiful backwaters. Reconditioned rice barge's navigate the vast river network that runs the length of the state. An area rich in agriculture, we'll observe farmers in the fields and produce making its way to market alongside people going about their daily lives. We'll sample delicious homecooked curries and even try the heady local brew of fermented coconut water.

## DAY 13 | SAT 14 NOV

### KOCHI, NO.18

We transfer to the laid-back Fort Kochi, a place that has lured travellers and traders for over 600 years. Its varied colonial past is visible today in the Chinese fishing nets, Jewish Synagogue, mosques, portugese houses and crumbling British residence. We take a leisurely walking tour around the colonial quarter taking in the Portugese Palace and St Francis Church. We meander along backstreets and fill our lungs with pungent spices from the very warehouses from where they are shipped around the world.

## DAY 14 | SUN 15 NOV

### KOCHI, NO.18

After a morning yoga session the rest of the day is free to enjoy the delights of the market and pick up any souvenirs for home. You may want to take this opportunity to book an Ayurvedic massage, drop into the numerous art galleries promoting local and international art or just hang out in courtyard cafes. In the evening we'll witness a dynamic Kathikali classical dance performance before enjoying our Farewell Diner.

## DAY 15 | MON 16 NOV

### DEPART

You are free to depart anytime today.  
Hotel Checkout is 12 noon.



### INCLUSIONS

- ✓ Accommodation for 14 nights
- ✓ All Meals & Mineral Water
- ✓ All Tour Transfers
- ✓ All Activities as mentioned in the itinerary and all Monument Entry Fees
- ✓ Accompanying Tour Leader
- ✓ Licensed English speaking private Local Guides
- ✓ All currently applicable taxes

### EXCLUSIONS

- ✗ Early check-in or late check-out at hotels
- ✗ Tips to guides, drivers, porters, hotel staff or at restaurants
- ✗ Camera/video permits where required
- ✗ Personal expenses, including alcohol
- ✗ Any International airfare other than mentioned above
- ✗ Travel Insurance

### INDIAN VISA

You are responsible for obtaining a valid visa for India. The Government of India now allows application for a simple tourist visa online at [www.indianvisaonline.gov.in](http://www.indianvisaonline.gov.in) without having to send in their passports. This electronic visa is valid for one stay of up to 30 days. Visas can also be obtained at a local embassy or consulate before arriving in India.