

## South India Temple & Ashram Journey

January 2010



- Day 1 Flight from Frankfurt/Munich or elsewhere with Emirates Airlines via Dubai to Bangalore
- Day 2 Arrival in Bangalore and transfer to the Ashram of Sri Sri Ravi Shankar. Relaxing and acclamatising in the sacred present of the master of the Art of Living.
- Day 3 Transfer from Bangalore to Tiruvannamalai, city of enlightenment, and check-in at Hotel Arunai Anantha\*\*\*\*, a wonderful resort embedded in lushly green park environment. Opening up to the advaita energy of oneness.
- Day 4 Visit to the Ashram of Sri Ramana Mahashi and visit to the Arunachala Temple. Merging into the meditation of silence. Accommodation at Hotel Arunai Anantha\*\*\*\*.
- Day 5 Visit ing the holy caves where Sri Ramana Mahashi found enlightenment and (optionally)walking the Girivalam Path along the 8 holy lingams of Shiva circumbueing the holy mountain of Arunachala. Accommodation at Hotel Arunai Anantha\*\*\*\*.
- Day 6 Transfer to Pondicherry , the old French colonial capital. Accommodation at Hotel The Promenade\*\*\*\*, romantically situated and overlooking the Bay of Bengal. Sightseeing and relaxing .
- Day 7 Visit to Auroville, the spiritual, autonomous and ecological community that was founded by 'The Mother' based on the Teachings of Sri Aurobindo. Meditation in the legendary meditation temple Matrimandir. Accommodation at Hotel The Promenade\*\*\*\*.
- Day 8 Visit to the Sri Aurobindo Ashram in Pondicherry including a yoga meditation. Transfer to Ideal Beach Resort\*\*\*\*\* and visit to Nandri Help Project 'Childrens Home for Future Hope' in Poonjeri.
- Day 9 Visit to Mammalapuram in the morning and relaxing on the beach in the afternoon. Accommodation at Ideal Beach Resort\*\*\*\*\*.

- Day 10 Transfer to Kanchipuram and visit to the local temple, transfer to Tirupati with accomodation at the comfortable Hotel Ramee\*\*\* at the foot of the holy Sri Venkateshwara Hills.
- Day 11 Visit to the Japali Hanuman temple in the Sri Venkateshwara National Park in the morning with a meditation in nature. Transfer to Puttaparthi to Hotel Sai Towers\*\*\*\* directly facing the entrance of the Sai Baba Ashram.
- Day 12 Visit to the Prasanti Nilayam Ashram for the morning Darshan with Sai Baba as well as the afternoon Bahjan in the presence of this holy master. Group meetings in between. Accommodation at Hotel Sai Towers\*\*\*\*.
- Day 13 Visit to the Prasanti Nilayam Ashram for the morning Darshan with Sai Baba as well as the afternoon Bahjan in the presence of this holy master. Group meetings in between. Accommodation at Hotel Sai Towers\*\*\*\*.
- Day 14 After morning Darshan and breakfast at the hotel, we will hit the road again to complete the circle and conclude this two-weeks spiritual and intensive trip in the holy presence of Sri Sri Ravi Shankar in his Ashram in Bangalore.
- Day 15 Relaxing, breathing and enjoying the enlightened presence of the Guru of Joy.
- Day 16 Transfer to Bangalore International Airport for return flight or start of the Ayurveda retreat or Sudarshan Kriya Yoga course
- Day 16 - 28 Sudarshan Kriya courses or Ayurveda retreat organized by the Art of Living in the presence of Sri Sri Ravi Shankar in his ashram in Bangalore. Daily Sri Sri Yoga and Satsang. Optional daytours to Bangalore/Mysore
- Day 22 or 29 Return flight
- Day 1 is January 1st, 2010
  - All rooms equipped with A/C
  - All hotels with breakfast (lunch/dinner at one's own expense 5-25 € per day)
  - All transfers in modern comfort coaches equipped with A/C; European standard
  - Local guides are provided, if necessary (Tirupati/Tiruvannamalai)
  - Organizational and spiritual guidance in English and German during the entire journey.
  - Flights included