

**Spiritual Journey to the Motherland:
South India Yoga, Temple, Ayurveda, and Nature Tour
Michele Baker and Melanie Buffett
February 6 - 21, 2012**

Day 1: Arrive Chennai. Overnight Chennai.

Day 2: Chennai to Pondicherry via Mahallabalapuram

In the morning, drive 1 hour to Mahabalipuram, a World Heritage site where several rock-cut temples built in the 7th C. sit on the beach. Continue 1.5 hrs to Pondicherry, a small coastal city with French flavor. Visit Sri Aurobindo's Ashram. Overnight Pondicherry.

Day 3: Pondicherry to Auroville - Morning yoga with leaders. Shopping. After lunch, drive 30 mins. to Auroville, a universal township created by The Mother in 1968. Relax on beach. Overnight Pondicherry

Day 4: Auroville to Tiruvannamalai - After morning yoga, drive 2 hrs to Tiruvannamalai, one of the most venerated places in Tamil Nadu and home of the sacred shrine of Lord Arunachaleswara. In the afternoon, take a South Indian cooking class before an evening chanting session at Ramana Maharshi's ashram. Overnight Tiruvannamalai.

Day 5: Tiruvannamalai - After morning yoga, visit the bustling temple and in the afternoon, climb Arunachala hill for incredible views and to see the cave that Ramana Maharshi meditated in for 14 years. Overnight Tiruvannamalai.

Day 6 Tiruvannamalai to Bangalore via Vellore- After morning yoga, drive 1.5 hours to Vellore to visit Sripuram Golden Mahalaxmi Temple, a temple dedicated to Goddess Lakshmi and carved of gold. Tour of temple and various sevas are offered. Continue on to Bangalore (4 hrs). Overnight Bangalore.

Day 7: Bangalore - After morning yoga, visit a poor Muslim girls school where young girls have the opportunity to be educated and go to college(www.awccschools.com). Afternoon drive to Ayurveda center.

Day 8-10: Ayurveda Gram - Spend 3 days diving into ayurvedic treatments at an authentic Indian center. Starting at 6am, the day is filled with yoga, pranayama, meditation and therapy treatments.

Day 11: Bangalore to Mysore - After morning yoga and breakfast, take 11am train to Mysore. Famous for its traditional painting and its silk, sandalwood and incense production, Mysore is now known as an international centre for Ashtanga yoga. Afternoon free to explore.

Day 12: Mysore - Visit the market, Pattabhi Jois' Ashtanga center, sandalwood factory, Maharaja's Palace

Day 13: Mysore to Coorg Valley - Morning drive 2 hours to the Coorg Valley stopping at Bylakuppe, the largest Tibetan settlement outside of Tibet! Circumnavigate the enormous Golden Temple and surrounding stupas and eat lunch with the monks. Continue on to the Coorg Valley, home to native Kodava people a lovely area filled with coffee and spice plantations. Enjoy late afternoon yoga with Michele and Melanie. Overnight Coorg Valley guesthouse.

Day 14: Coorg Valley - After morning yoga, either hike to the tallest mountain in the area or just walk around the guesthouse and watch the incredible display of butterflies. Take a tour of the plantation. Overnight Coorg Valley guesthouse.

Day 15: Coorg Valley to Mangalore - After morning yoga and lunch, drive 2.5 hrs to Mangalore to catch a 6:30pm flight to Chennai. Overnight Chennai.

Day 16: Chennai sightseeing - Visit Desikichar's renowned yoga center. Do last minute shopping. In the evening, return to the USA.



view of Arunachaleswarar Temple from top of the mountain



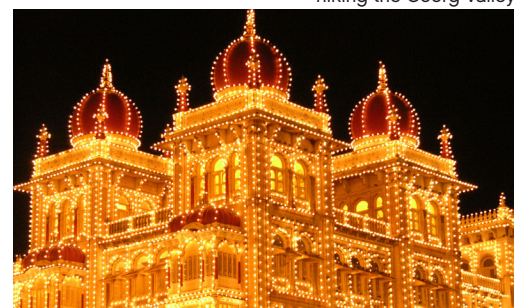
Sri Aurobindo's ashram



AWCC school



hiking the Coorg Valley



Mysore Palace

