

Spiritual Adventure in Southern India
Jessica Crowley • November 3-14, 2012
\$3199

Includes all domestic transportation, lodging, guides, Jessica's yoga classes (1 class @ Desikachar), entrance tickets, 2 meals/day, tips.
Does not include international airfare, leader tips, massages, alcohol.

Day 1: Arrive Chennai. Transfer to Mahabalipuram. (1.5 hrs)

Day 2: Chennai to Pondicherry - Morning yoga with Jessica followed by breakfast. Tour the Shore Temple, Arjuna's Penance and Five Rathas in Mahabalipuram, a World Heritage site where rock-cut temples built in the 7th Century depict tales of Hindu gods and goddesses. Orientation under an enormous boulder precariously balanced on its point. Continue 1.5 hrs to Pondicherry, a small coastal city with French flavor. Dinner and overnight Pondicherry. (B, L, D)

Day 3: Pondicherry - After morning yoga and breakfast, visit and meditate at Sri Aurobindo's Ashram. Walk over to the nearby Ganesh Temple. Afternoon free for lunch and shopping in the French district. In the evening, take a "Bolly-Hop" dance class which combines Bollywood and Hip Hop. Dinner at wood fire pizzeria. Overnight Pondicherry. (B, D)

Day 4: Pondicherry to Tiruvannamalai - After morning yoga with Jessica followed by breakfast, drive to Tiruvannamalai (4 hrs). Tiruvannamalai is a pilgrimage Temple city dedicated to Lord Shiva. The sacred mountain where it lies is in the shape of a Shiva-lingam and represents the Fire element. Lunch at the hotel. In the afternoon, visit Ramana Maharshi's Ashram. Dinner and overnight Tiruvannamalai. (B, D)

Day 5: Tiruvannamalai - Morning yoga with Jessica looking out at Mt. Arunachal followed by breakfast. Visit bustling Arunachaleshwara Temple. Eat a homestyle lunch across the street. Afternoon free to soak in the Shakti. Dinner on your own. Overnight Tiruvannamalai. (B, L)

Day 6: Tiruvannamalai - Morning yoga with Jessica followed by breakfast. Walk the inner circle around Arunachal Mountain (3 hrs). Free lunch. In the afternoon, either satsang with Mooji or visit with children at Shanti House. Dinner across street from ashram. Overnight Tiruvannamalai. (B, D)

Day 7: Tiruvannamalai to Chennai via Vellore and Kanchipuram - After early breakfast, board bus for 5 hour drive to Chennai via Kanchipuram, another major South Indian Hindu Temple. This temple represents the Earth abode of Lord Shiva. Famous for silk, this is also a good place to find a sari. Arrive in Chennai for dinner. Dinner at hotel. Overnight Chennai. (B, L)

Day 8: Chennai - Morning yoga with Jessica followed by breakfast. Drive 15 mins to Desikachar's Yogamandram for chanting, meditation, and philosophy classes. After a thali lunch around the corner, visit a Shiva Temple and Vivekanada's "Ice House" Museum. 7:45pm overnight train to Cochin. Overnight train. (B, L)

Day 9: Cochin - Arrive Cochin 6:15am. Eat breakfast at the hotel. After breakfast, take ferry to Vypeen island for amazing ayurvedic massages at Ayur Dara. Late afternoon yoga with Jessica. Dinner at Dal Roti. Overnight Cochin. (B, D)

Day 10: Cochin - Morning yoga with Jessica followed by breakfast. Walk to Leelu's house for a delicious South Indian cooking class. In the afternoon, visit the Chinese Fishing nets, Mattanchery Palace, Jewish Synagogue, Bolgatty Palace. Shop for antiques in Jewtown. Evening watch a dance performance of typical South Indian dance styles including Kathakkali & Kalaripayattu. Dinner on your own. Overnight Cochin. (B, L)

Day 11: Cochin to Allepey - Morning yoga with Jessica followed by breakfast. Drive an hour to Allepey, home of the backwaters, a maze of interconnected canals, rivers, lakes and inlets consisting of both fresh and salt water. Board a Kettuvallam, or traditional houseboat where we will sleep that night. Before sunset, head off in a small motorboat and cruise the small back canals watching rural life unfold. Overnight houseboat. (B, L, D)

Day 12: Allepey to USA - Arrive back in Allepey around lunch. Drive to Ernakulam for lunch and last minute shopping. Drive to airport for evening flights home. OR, extension groups drives 2 hours down to Amma's ashram. (B, L)

EXTENSION INFO COMING SOON!

They say in India, "Sub Kulch Malega," meaning, Anything is Possible. Things rarely happen quite like you expect. Our schedules are an outline. In the event of unforeseeable circumstances the itinerary may change. An enjoyable experience takes precedence over everything else. The itinerary will change so we recommend having an open mind and no expectations!



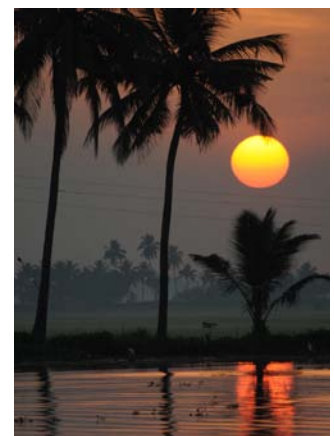
Mt. Arunachal, Tiruvannamalai



Ramana Maharshi's ashram



Mammalapuram Rock Temples



Sunrise on the Backwaters boat ride



Leelu's Cooking Class, Cochin