

TOUCH DEEP  
WISDOM -  
YOGA &  
CULTURE

2-10 December 2019

PRESENTED BY



enlightened events

JOIN US FOR A  
YOGA AND  
MEDITATION RETREAT  
AND CULTURAL TOUR  
TO SOUTH INDIA

A TRIP TO REMEMBER  
9 DAYS, 8 NIGHTS

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# IS INDIA CALLING YOU?

*Imagine immersing yourself in the sights and sounds of incredible India on this journey of self-discovery when you join us for a Yoga and Meditation Retreat and Cultural Tour to South India.*

*India is the birthplace of Yoga and has been a place of deep spiritual practice for millennia - a retreat in India is a journey to the deepest reaches of the self.*

*Touch Deep Wisdom over 9 days in South India. Your inspirational and highly experienced, retreat leader is Sal Flynn, Yoga therapy educator, psychotherapist and mindfulness trainer.*

*India can be a challenging place to visit. Language, culture and, crowds can make travelling to India intimidating. We make it easy for you to enjoy the best of South India in a safe and fun way. Come see the real India with us.*

## WHY IS THIS TRIP DIFFERENT?

We take all the hard work out of booking a trip to India, saving you time and money.

- By sourcing the best sites to see and the best places to stay and eat
- Your retreat is combined with travel to South India's top cultural and spiritual destinations
- Experience a retreat with one of Australia's leading Yoga retreat leaders, Sal Flynn
- We work with specialist travel agents, Bhutan & Beyond who have decades of experience
- They provide excellent customer service starting from the time of your booking
- Detailed, up to the minute travel advice, including visas, currency, flight booking - critical when travelling to India
- They work directly with a travel partner on the ground in India
- It will be a trip to remember



*“What a great trip! I had THE most amazing time in India with Sal Flynn and the other yoginis thanks to the great itinerary. So much to see and do - vibrant colours, great sight-seeing, fabulous accommodation, delicious food and such inspiring and yet calming yoga and meditation with Sal. So humbling to be in India, to walk the path of the great yogis and to also have such an amazing time filled with great memories. Thanks for a marvellous and awe inspiring journey”*  
- Sharron Williams.

# TRIP HIGHLIGHTS

- 13 Yoga, meditation, relaxation and mindfulness sessions
- Internationally acclaimed retreat leader and group facilitator, Sal Flynn
- 4 and 5 star hotel and resort accommodation
- Destinations include Chennai, Pondicherry and Thiruvannamalai
- Travel with like minded travelers

## CULTURAL EXPERIENCES

- Enjoy a walking tour of colonial Madras (Chennai)
- Meet the locals at the bustling George Town markets
- Visit the French Quarter in Pondicherry

## SPIRITUAL EXPERIENCES

- Meditate at the Sri Aurobindo ashram in Pondicherry
- Visit the Annamalaiyar Temple
- Meditate at the Sri Ramana Maharshi ashram
- Visit Auroville

## SPECIAL EXPERIENCES

- Visit the Matrimandir at Auroville
- Practice Yoga at the KYM (Krishnamacharya Yoga Mandiram) founded by TKV Desikachar





# YOGA & MINDFULNESS RETREAT

Over 13 Yoga, mindfulness and meditation sessions we will draw from the vast wisdom of yoga practice using Asana (postures), Pranayama (breathing practices) and Meditation to make contact with the profound wisdom that is already within.

We will draw on the element of Earth in our daily practice and we will build the strength and resilience we need to embrace change and take advantage of the opportunities that life offers us.

We will connect with the transformative element of Fire that that clears away the obstacles that stand our way so we can see clearly and allow creativity and wisdom to be revealed.

In our morning session, we will practice strength building asana and pranayama that will enliven our energy and prepare us to be inspired by the beautiful landscapes and culture.

The afternoon practice will be restorative, quieting and calming, leading us to a period of stillness and reflection to move into the deeper realms of this ancient and sacred science.

During the Yoga, mindfulness and meditation sessions during the retreat, we will learn to acknowledge our own needs as well as techniques to build resources to create a fulfilled and satisfying life. Within each one of us is a vast resource of strength, wisdom and compassion. Our essential nature is empowered, wise, inspired, confident and joyful.

This retreat is suitable for you whether you are a beginner or experienced Yoga practitioner.

*"Thank you for organising an excellent trip. A good balance of yoga, relaxation, fun, and excellent food and accommodation. The beautiful resorts were an excellent backdrop for the yoga and a pleasant foil for the bus trips, jeep trip, markets and sightseeing."*

*- Jo Daniels.*

# INTERNATIONALLY ACCLAIMED RETREAT LEADER AND GROUP FACILITATOR

# SAL FLYNN



Your inspirational and highly experienced, retreat leader is Sal Flynn, leading retreat facilitator, Yoga teacher/therapy educator, psychotherapist and mindfulness specialist.

Sal Flynn is a very experienced retreat leader and group facilitator. She is also a highly engaging Yoga therapy educator and mentor. She is a psychotherapist and psychotherapist trainer at the Centre for Existential Practice and formerly at Jansen Newman Institute. Sal is also trained to deliver the Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) programs. Her formal and informal training blends the disciplines of Yoga, psychotherapy, education, contemplative practice, the arts and mind/body awareness practices. Underpinning her work is more than 30 years of practice and study in the eastern traditions, along with education and internships in Western psychotherapy and Yoga therapies both in Australia and India. Sal Flynn began practicing yoga more than 35 years ago and her practice is rooted in the tradition of Sri Krishnamacharya.

You will create memories that will last a lifetime and it will be a truly transformative experience.

*"This was a genuine, comprehensive and well organised Yoga and meditation retreat and tour to India. Our accommodation was wonderful and yoga venues were clean, spacious and well equipped. The tour guides on the ground in India were friendly, courteous and knowledgeable and more than willing to interact with our group, sharing information and providing an insight into this fascinating and diverse country. I feel like I have had a small taste of the 'real' India rather than the usual hackneyed tourist sites that are so often fed to visitors. Special mention needs to be made of the generous and capable tour leader, Sal Flynn who drew it all together with enthusiasm, professionalism and good humour."*

- Susanne Allcock, QLD

# ITINERARY OVERVIEW

The South Indian Culture is exotic, mysterious and celebrates the eternal universe. When you journey there you step through the doorway and into the mystery of your own deep wisdom through your daily Yoga and Meditation practice.

Arriving in the bustle of Chennai you will begin your immersion into the spiritual and cultural life of South India. Enjoy the real India with a walking tour of the George Town markets. Practice Yoga at the Krishnamacharya Yoga Mandiram. We continue on to Thiruvannamalai, nestled in the crook of the sacred mountain Arunachala. The mountain was revered for millennia as an embodiment of Lord Shiva and became the home of Sri Ramana Maharshi who lived there most of his life. You will visit Ramana's ashram and sit in the cave where he practiced in silence for many years.

Your trip continues on to Pondicherry, which allows you to experience the marriage of Indian and French cultures and tour the Aurobindo ashram. You will join a vibrant pilgrimage to powerful centres of spiritual energy in Auroville, home of the international "city for human unity", founded in 1968, based on the principles of Mother and Sri Aurobindo's Integral Yoga.

## DETAILED ITINERARY



### DAY 1 - MONDAY 2 DECEMBER

- Arrive Chennai on Monday night.
- You will be met by our representative as soon as you exit customs and be transferred to your hotel - Raintree Hotel Chennai.

### CHENNAI

*Chennai (formerly Madras), is the soul of South India and the bustling cultural base of the capital of Tamil Nadu. It is the fourth largest metropolis in India, located on a 17 km stretch of the Coromandel Coast.*

*The city grew up around the English settlement of Fort St. George and gradually absorbed the surrounding towns and villages. Chennai is the home of South Indian artistic, religious and culinary traditions. Despite the strong British influence, Chennai has retained its traditional Tamil heritage and blended it to create a unique synthesis of cultures.*

# DETAILED ITINERARY



## DAY 2 - TUESDAY 3 DECEMBER, CHENNAI

- Morning yoga session from 7AM-8.30AM.
- After breakfast you will enjoy a walking tour of Chennai - "The Bazaar Trail." Visit crowded markets, narrow lanes, chaotic traffic and noisy hawkers. See majestic buildings, fascinating history, vivid colours and mesmerising images. The pulse of the city is at the markets.
- Lunch at Kaaralkudi Restaurant.
- Enjoy a second walking tour. "Peacock Trails", an easy walk through the bustling neighbourhood of Mylapore in the heart of Chennai. Ever wondered why there are so many Gods in India? Or what the stars have to do with your future? There are many stories hidden in the mundane rituals of daily life. As you walk through Mylapore, you'll discover that every sight you behold has a story to tell. Find the symbolism behind everyday activities on the streets and you'll find that spirituality doesn't just start and end within holy places. Mylapore pre-dates the city by 2000 years, and has kept alive many traditions and arts that Chennai is so well known for. The Peacock Trail comes packed with stories of local life, of Gods and demons, of ancient customs and symbolisms, – some amusing, some baffling, and some that might help you make sense of the sights around you.
- Afternoon Yoga Session at hotel from 4:30PM - 6:00PM.
- Dinner at your hotel.

## WALKING TOUR IN GEORGE TOWN

*Join Storytrails as we take you through George Town market place; to streets teeming with life and spilling over with colour, noise and exuberance. A visit to the heart of George Town is an experience you won't forget. The former Black Town is now a bustling wholesale market – this place has seen it all. Almost anything that can be legally sold can be bought for the right price. Would you like a pinch of exotic snuff? Or assorted nuts, peacock feathers, aromatic spices or simply dusters, buckets and screwdrivers...*



# DETAILED ITINERARY



## DAY 3 - WEDNESDAY 4 DECEMBER, CHENNAI

- Breakfast at the hotel.
- Visit the Krishnamacharya Yoga Mandiram (KYM) - one of the world's most famous Yoga and Yoga therapy centres in the world.
- Enjoy asana, pranayama and healing chanting sessions in the esteemed halls of the KYM.
- Lunch at the Annalakshmi Restaurant.
- Your afternoon is free to relax.
- Afternoon Yoga session from 4.00PM-6.00PM.
- Dinner is at your hotel.

## KRISHNAMACHARYA YOGA MANDIRAM



The Krishnamacharya Yoga Mandiram is one of Chennai's most famous Yoga landmarks. It was founded by TKV Desikachar, son of Krishnamacharya and is one of the leading yoga centres in India..

*If there is one name that is considered synonymous with contemporary yoga, it is T Krishnamacharya who is known the world over as the yoga guru of legendary masters such as Indra Devi, BKS Iyengar, Pattabhi Jois and TKV Desikachar. Among many contemporary styles of yoga, several trace their roots back to this legend, whose teachings remain the inspiration for thousands of yoga practitioners around the world. Be it fitness, healing or a spiritual quest, He was an acclaimed master of asana, pranayama and meditation, a seeker of knowledge, a prolific writer and orator, a pioneer of adapting yoga techniques for therapy, and an adept in Vedic chanting. The Krishnamacharya Yoga Mandiram was established in 1976.*



# DETAILED ITINERARY



## DAY 4 - THURSDAY 5 DECEMBER CHENNAI - THIRUVANNAMALAI

- Morning yoga session from 7AM-8:30AM.
- After breakfast, depart for Thiruvannamalai and check in at your hotel. (5-6 hour drive)
- En-route enjoy lunch at Manoj Bhawan.
- Afternoon yoga session from 4:30PM-6:00PM.
- Dinner is at your hotel.



**ANNAMALAIYAR TEMPLE**  
*It is one of the 5 Panchambootham linga temples in the country. It represents the fire or Agni of the Panchambootham. Lord Shiva is shown here in the form of the Agni Lingam. The temple complex covers 10 hectares, and is one of the largest in India. It houses four gateway towers. The temple has numerous shrines, with those of Annamalaiyar and Unnamulai Amman being the most prominent. The temple complex houses many halls; the most notable is the thousand-pillared hall built during the Vijayanagar period.*

*"The trip to India more than lived up to my expectations. Thank you so much for organising such a wonderful combination of yoga, beautiful locations, stunning resorts and the opportunity to see some of this unique country.*

*Our group adventure was hassle free, stress free and we saw the best of India with its "colour and chaos" as part of our experience. The air conditioned coach gave us the opportunity to travel in comfort. I look forward to my next adventure with Enlightened Events." - Ruth Campbell.*

# DETAILED ITINERARY



## DAY 5 - FRIDAY 6 DECEMBER THIRUVANNAMALAI

- Morning yoga session from 7AM-8:30AM.
- Breakfast in the hotel.
- Depart for a guided tour of the Annamalaiyar Temple. This Hindu temple is dedicated to the deity Shiva and, located at the base of Annamalai hills in the town of Thiruvannamalai
- Lunch at the hotel and your afternoon is at leisure.
- Afternoon yoga session at hotel from 4:30PM – 6:00PM
- Dinner is at your hotel.



## DAY 6 - SATURDAY 7 DECEMBER THIRUVANNAMALAI - PONDICHERRY

- Morning yoga session from 7AM-8:30AM.
- Breakfast in the hotel.
- Visit Sri Ramanasramam Ashram. Sri Ramana Maharshi was one of the first Hindu gurus to gain an international following. Each year thousands of devotees from India and all over the world visit the ashram.
- The ashram strives hard to preserve the surroundings. You will have time to look around the ashram and meditate in the meditation hall. Your visit will include a walk up the sacred mountain believed to be a manifestation of Shiva. The mountain track leads to the meditation cave where Ramana meditated for many years.
- Late morning drive to Pondicherry. (3 hour drive.)
- Lunch at hotel.
- Afternoon Yoga Session at hotel from 4:30PM - 6:00PM
- Dinner at your hotel.

# DETAILED ITINERARY

## PONDICHERRY

*Pondicherry or 'Pondy' as it is affectionately called was under French rule until 1954. With its French influences, tree-lined boulevards and colonial buildings, it is a little piece of France in India!*

### DAY 7 - SUNDAY 8 DECEMBER, PONDICHERRY

- Morning yoga session from 7AM-8:30AM.
- Depart for a sightseeing tour of Pondicherry and visit the Sri Aurobindo Ashram. Then visit the nearby Shiva temple where puja is performed.
- Lunch is at a local restaurant.
- Later enjoy the guided Heritage Walk of White Town. The French Quarter or the White Town is distinguished by the Goubert Avenue which runs along the Promenade Beach. The manicured layout of the avenue is lined with heritage villas, buildings and statues. Across the canal lies the Tamil Quarter - the Black Town. The Tamil Quarter has its own architectural heritage - restored mansions featuring semi-public street verandas, central courtyards and large windows.
- Afternoon Yoga Session at hotel from 4:00PM - 5:30PM
- Dinner is at the hotel.



### SRI AUROBINDO ASHRAM

*The Sri Aurobindo Ashram was founded by Sri Aurobindo in 1926. It has grown into a large community of almost 1200 members. It is one of the best known ashrams in India, with devotees from India and all over the world flocking here. Its spiritual tenets represent a synthesis of yoga and modern science. .*



## DETAILED ITINERARY

### DAY 8 - MONDAY 9 DECEMBER, PONDICHERRY - CHENNAI

- Morning yoga session from 7AM-8:30AM.
- Auroville, 'the City of Dawn', is an international community dedicated to peace, sustainability and divine consciousness. About 2500 people from 52 countries reside in Auroville. It was founded by the spiritual leader known as The Mother, a close associate of Sri Aurobindo. You will see the Matrimandir, a futuristic, spherical temple covered in gold discs. Inside is a meditation hall known as the inner chamber which is completely white and is lit by a ray of sunlight that enters through the apex of the sphere.
- You will visit the Auroville visitors centre, view a film about the history and purpose of Auroville then take a walk to see the Matrimandir from the view point in the botanical gardens.
- Lunch at a local restaurant.
- Continue your drive to Chennai. (3.5 hour drive.)
- Evening restorative Yoga session at the hotel from 4PM-5:30PM.
- Dinner is at your hotel.

### DAY 9 - TUESDAY 10 DECEMBER DEPART - CHENNAI BY INTERNATIONAL FLIGHT

- Morning yoga session from 7AM-9AM.
- The rest of the day is free to relax at the Trident hotel pool and spa centre or take a shopping and/or sightseeing excursion.
- Farewell lunch.
- Check out by 5:30PM and enjoy an early, light dinner at Trident Hotel before your transfer to Chennai International airport, in time to connect to your onward flight.

- Itinerary subject to change due to the nature of travel in India. -



# COST & INCLUSIONS

\$US3498 for the first 4 people who book

\$US3598 after this

Single supplement – Add \$US998 per person

To Book: -

\$A500 deposit due at the time of booking.

\$A1500 due one month after booking to Bhutan & Beyond.

Balance due 3 October 2019

Deposit payments can be made by [CLICKING HERE](#) -

- Accommodation share double/twin room at the following hotels:

CITY	Hotel	Category	Nights
Chennai	Raintree Hotel, St Mary	Deluxe Rooms	3
Pondicherry	Shenbaga Resort	Majesty	2
Thiruvannamalai	Sparsa Thirvannamalai	Deluxe Rooms	2
Chennai	Trident Hotel	Deluxe Rooms	1

- All meals starting from Breakfast on Day 02 and finishing with dinner on Day 9;
- Entrance tickets to the monuments;
- All transfers/sightseeing tours/excursions by air-conditioned minivan or large coach vehicle;
- Yoga mats at hotels;
- Services of local English-speaking guides during sightseeing tour;
- Present applicable taxes as at 31 May 2018

## COST EXCLUDES

- Any meals other than mentioned above;
- Ayurvedic treatments;
- International and Domestic Airfare;
- Items of personal nature i.e. laundry, drinks, phone calls, camera fee, tips etc.
- Travel insurance, visa charges etc.

## TERMS & CONDITIONS

Payments are non-refundable unless the tour is cancelled.

In the unlikely event of an increase in Indian local taxes, that will be passed on to you. The itinerary is subject to minor changes due to the nature of travel in India

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