

# TEMPLE, NATURE AND SEA

13.10 – 3.11.2019

## DAY 01 CHENNAI

Arrival at the Chennai International Airport in the early morning. Check in to the hotel and relax. In the afternoon we visit the **Kapaleeshwarar Temple and then we enjoy the Peacock Trail walking tour in Mylapore.**



As you walk through Mylapore, you will discover that every sight you behold has a story to tell. The Peacock Trail is a relaxing, enjoyable walk through Mylapore that comes with a bundle of stories of local life, gods and demons, ancient customs, symbolism, Mylapore and Madras. We will visit the

Kapaleeshwara Temple and the Santhome Church with a story teller during this 3-hour tour.

## DAY 02 CHENNAI-MAHABALIPURAM (APPX 02 HRS DRIVE-58KM)



Today we proceed to Mahabalipuram, visiting some of the greatest examples of Pallava Art the **Varaha Cave and Krishna Mandapam, the Tiger Cave Temple. We will see Krishna's Butterball and the "Descent of the Ganges", "Arjuna's Penance", etc.** It is a marvellous sight. The Varaha Cave Temple was created during the reign of Narasimhavarman Mahamalla (630-668 AD).

**DAY 03 MAHABALIPURAM – Sea and Palm Leaf Reader.** Optional you can visit the **Palm Leaf Reader in Mahabalipuram:** a palmistry astrologer will read your palm history. On your return you will stop at the stunning **Vedagirishwarar Temple**, known as the **Eagle Temple in Thirukkazhukundram.**

**DAY 04 MAHABALIPURAM -THIRUVANNAMALAI (5,5 hrs MIN -257KM)** Today we proceed to Thiruvannamalai, visiting the **Arunachaleswara Temple.** This gigantic temple is located at the foot of the **sacred Arunachala hill in Thiruvannamalai.** The temple is one of



the manifestations of the five elements: earth, water, fire, wind and space. **Annamalaiyar is said to have manifested himself as the Element of Fire in this temple.**

*Arunachaleswara Temple, the great Shiva-Temple at the foot of the sacred Arunachala Hill*

After that we visit the **Ramana Ashram**, located at the holy Arunachala Hill. The Ramana Ashram served as home to the modern sage and philosopher, **Ramana Maharishi**, from 1922 to 1950. We will meditate there to experience the uniqueness of this place deeply. Arunachala, (gehört zu den ältesten indischen Gesteinsformationen und hat einen kahlen Kegel aus rötlichem Vulkangestein: „Hügel des Lichts“ oder „Hügel der Morgenröte“). Later in the afternoon transfer to the hotel in Pondicherry.

### Day 05 PONDICHERRY

Pondicherry is located 100 km from Mahabalipuram. On the way we stop at Auroville, an experimental town founded by the spiritual gurus, Sri Aurobindo and Mira Alfassa, 'The Sweet Mother'. Visit and **enjoy authentic meditation** at the **Sri Aurobindo Ashram**, an important meditation centre in Pondicherry. You will spend the night in a delightful hotel in Pondicherry.



### DAY 06 PONDICHERRY + Sea

You will spend the day + night in a delightful hotel in Pondicherry and relax at the sea or enjoy sightseeing.

### DAY 07 PONDICHERRY-KUMBAKONAM (APPX 03 HRS DRIVE-131KM)

Proceeding to Kumbakonam. Kumbakonam is one of the oldest towns in Tamilnadu and it is famous for its Mahamaham Festival. In the 7th century it was the capital of the Chola Kings. It is primarily a market town for the predominately agriculture-based villages surrounding it. In



*Kumbakonam*

the afternoon we visit the **Mahamaham Tank**, the Kumbesvarar Temple and, or the **Nagesvarar Temple**. Overnight we will stay at the Paradise Resort, Kumbakonam.

### DAY 08 KUMBAKONAM

After breakfast we relax in and around the resort. In the afternoon there is an option to visit the **Someswara Temple**. Stay at Paradise Resort.



## DAY 09 KUMBAKONAM-THANJORE-MADURAI (APPX 04 HOURS 30 MINS-229KM)

Tanjore is known as the city of Temples as it has many famous temples in and around the city including the Navagraha (9-Planeten) Temples. At Tanjore, we will have a guided city tour including major attractions like the Brahadeshwara Temple or the Chandra Bagawan Temple. Later transfer to Madurai.

*Meenakshi Temple Madurai*

**In the evening we visit the Meenakshi Temple** to attend the prayer ceremonies at the temple.

### DAY 09 MADURAI

we Revisit the Meenakshi Temple, the famous Gandhi Museum and the 1000 Pillars. **(Fotoclass?)**

### DAY 10 MADURAI-POLLACHI (APPX 4Hrs -218KM)

**Today we proceed to Pollachi.** En-route we visit the Aliyar Dam, the Monkey Falls in the **Anaimalai Hills** and the Sholayar Dam. Overnight stay at Pollachi.

### DAY 11 POLLACHI-COIMBATORE –Athirappalli -1Hr.30 minutes + 4 Hrs



After breakfast we proceed to Coimbatore, enroute we visit the 34.3-metre-tall **Adiyogi Statue in the Mahashivaratri** grounds, Velliangiri Mountains. We visit the Isha Foundation Sri Sadguru Ashram and join a yoga-class. Later we proceed to Athirappalli and stay at the Hotel.

### DAY 12 ATHIRAPPALLY WATER FALLS



**Drive to Athirappally waterfalls.**

**Trekking tour with natural bath at the river.** Overnight stay at Athirappalli.

### DAY 13 - 17 Meiveda or Marari Beach

Ayurveda Resort Meiveda  
or Marari Beach  
One Day: Optional Tour to the Backwaters

**DAY 17 Trivandrum-Germany**

Transfer to the Trivandrum International Airport.

**THE PACKAGE INCLUSIVE:**

- Ø All Transfers and Sightseeing by A/C Tempo Traveler
- Ø Accommodation Double or Single Rooms with Daily Breakfast i.e.
- Ø Daily Buffet Breakfast in above said Hotels.
- Ø Ayurveda Package on fullboard vegetarian meal
- Ø Complementary of mineral water daily each
- Ø All interstate taxes, permits, toll, parking and fuel charges etc.
- Ø Drivers allowances and all other expenses related to the car.
- Ø Monuments entrances.
- Ø All hotel taxes and service charges.

**TOUR EXCLUDES:**

- Ø Any air fare.
  - Ø Camera Fee (Still or Video).
  - Ø Cost of any services of personal nature.
  - Ø Cost of Lunches or dinners if otherwise not mentioned.
- We will have several Yoga- and Meditation-Sessions in the early morning, depending to the programme, with local teachers, or short sessions with Sabine Kunzfeld.

Tamilnadu -Kerala with Sabine Kunzfeld / more details at [ArtOfYoga.de](http://ArtOfYoga.de) / phone +49 151 42 42 9825  
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