

Explore the Uniqueness and Magic of Southindian Temples and Sacred Landscapes

***Discover the Roots of Vastu, Ayurdeva and Yoga-Meditation
with Sabine Kunzfeld***

***16 days Trip to Tamil Nadu and Kerala
24.10.2020 – 8.11.2020***



- **DAY 01 CHENNAI 24.10.20**
Peacock Trail walking tour. Overnight stay at the hotel.
- **DAY 02 CHENNAI-MAHABALIPURAM 25.10.20**
Dakshina Chitra Museum.
Krishna's Butter Ball, Ganesha Ratha stone temple,...
- **DAY 03 MAHABALIPURAM 26.10.20**
Pancha Rathas and Darshan at Shore Temple.
Palm Leaf Reader in Mahabalipuram.
- **DAY 04 MAHABALIPURAM-THIRUVANNAMALAI 27.10.20**
Arunachaleswara Temple, Thiruvannamalai Hills.
Ramana Ashram
mountain-meditation with Sabine at this holy place.
- **DAY 05 - PONDICHERRY 28.10.20**
Today we proceed to **Pondicherry & Auroville**
- **DAY 06: PONDICHERRY 29.10.20**
Sri Aurobindo Ashram.
- **DAY 07: PONDICHERRY - KUMBAKONAM 30.10.20**
Paradise Resort in Kumbakonam
1.5 h YOGA Total Restore Session in the afternoon with Sabine
In the evening: lecture about Vastu, Architecture, Mandala and Yantra-
Meditation with Sabine.
Dinner at the "Paradise Resort"

- **DAY 08: KUMBAKONAM 31.10.20**

The old town tour, Manufacturing of Bronze

- **DAY 09: KUMBAKONAM-THANJORE-MADURAI 1.11.20**



Tanjore: The City of Temples

Madurai: Evening Darshan we visit the amazing **Sri Meenakshi Temple**.

- **DAY 10 MADURAI 2.11.20**

Sri Meenakshi Temples flower market and the **Thirumalai Nayakar Mahal, Gandhi Museum**.

- **DAY 11 MADURAI- COIMBATORE, 3.11.20**

Adiyogi, Isha Foundation

- **DAY 12 Ashram life, Isha Foundation 4.11.20**

- **DAY 13 COIMBATORE – Kerala 5.11.20**



- **DAY 13-16 Kerala 5.11.20**

Meiveda Ayurveda Resort

incl. Ayurveda-Therapy, breakfast, lunch and dinner.

- **DAY 16 DEPARTURE 8.11.20**

Transfer to Cochin Airport



Reisekosten: Doppelzimmer/ pro

Person: ca. 1700 €

Reisepreis mit

Einzelzimmerzuschlag: ca. 2100 €

Anmeldung bei: Sabine Kunzfeld

+49 (0)151 – 42429825

Teilnehmeranzahl: 5 - 12 Personen

Bei Interesse an der Reise einfach kurz anrufen.

Am Mi. 19.2.2020 um 18:00 Uhr gibt es einen Informationsabend.