

Explore the Uniqueness and Magic of Southindian Temples and Sacred Landscapes

Discover the Roots of Vastu, Ayurdeva and Yoga-Meditation

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



DAY 01 CHENNAI 24.10.20

Arrival at Chennai International airport in the early morning.

Check in to the hotel, have breakfast, coffee and relax.

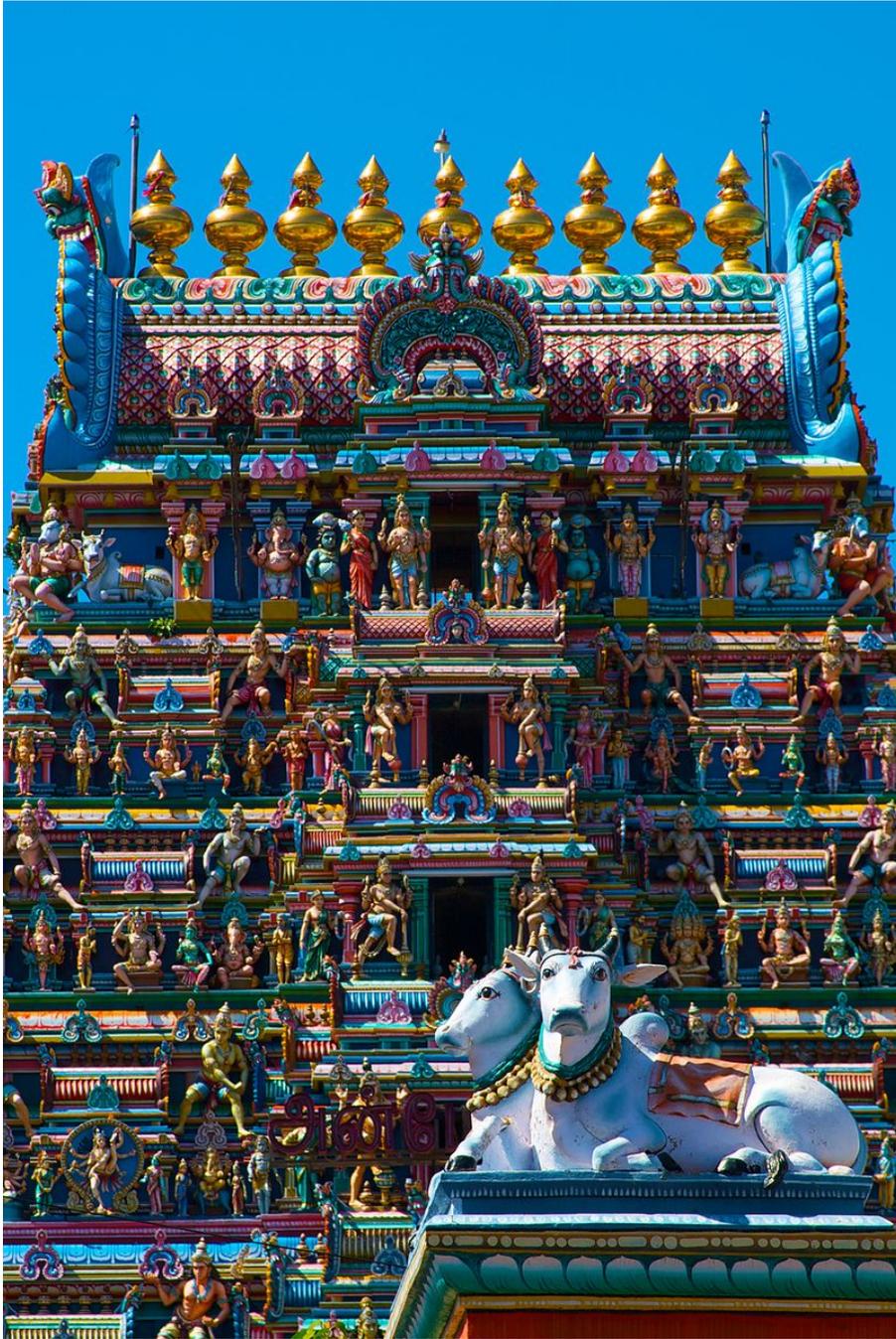
In the afternoon we visit the Kapaleeshwarar Temple and then we enjoy the Peacock Trail walking tour. This amazing tour starts in Mylapore:

It is an 3-hour tour with a story teller. We will meet and start in Mylapore at 4.00 pm.

The tour is mostly on foot with a short stretch in an auto-rickshaw.

The tour ends with south Indian refreshments. We will have dinner together.

Overnight stay at the hotel in Chennai.



DAY 02 CHENNAI-MAHABALIPURAM 25.10.20
(APPX 02 HRS DRIVE- 58KM)

Today after an early breakfast we checkout the hotel and proceed to **Mahabalipuram**. Mahabalipuram, is a town on a strip of land between the **Bay of Bengal** and the **Great Salt Lake**, in the South Indian state of **Tamil Nadu**. It's well known for its temples and monuments built by the **Pallava Dynasty** in the 7th and 8th centuries.

Enroute we stop over for Lunch at the “Dakshina Chitra Museum “. The **Dakshina Chitra Museum** is an exciting cross-cultural living museum of art, architecture, lifestyle, crafts and performing arts of South India. The main mission is to exhibit, promote and preserve aspects of the variety of cultures of the states and to bring these arts to the public in a participative, enjoyable and engaging way. The **Dakshina Chitra Heritage Museum** is a project of the Madras Craft Foundation and NGO and it was opened in 1996. It is also a perfect place to buy gifts and snacks...



As soon as you arrive at **Mahabalipuram** you visit the heart of the town: An area with the amazing monuments of **Arjuna’s Penance, the Descent of the Ganges, as like the Krishna Mandapam: all these monuments are real masterpieces in stone, which are telling stories of Indian mythology;** furthermore you see at this amazing place the giant **Krishna’s Butter Ball, the Tiger Cave, the Varaha Cave** and more...

Krishna’s Butter Ball is a massive boulder balanced on a small hill near the Ganesha Ratha stone temple. Der Felsblock ist etwa 6 Meter hoch und 5 Meter breit und wiegt etwa 250 Tonnen.

After that we check-in to a nice hotel and enjoy a free evening with relaxing around the beach – Overnight Stay at Mahabalipuram.



DAY 03 MAHABALIPURAM 26.10.20

After breakfast we get ready for two more places to visit: **Pancha Rathas** and having **Darshan at the Shore Temple**. **The Shore Temple** is named so, because it overlooks the shore of the **Bay of Bengal**. It is a structural temple, built with blocks of granite, dating from the 8th century AD.



The seafront **Shore Temple** comprises 3 ornate granite shrines.

Der dem Hindu-Gott Shiva geweihte Küstentempel in Mamallapuram, gehört zu den wichtigsten Bauten der Pallava-Architektur. Zusammen mit anderen Monumenten in Mamallapuram gehört er seit 1984 zum UNESCO-Weltkulturerbe

In the afternoon you can visit the **Palm Leaf Reader in Mahabalipuram**, where a palmistry astrologer will read your palm history. Palm astrology is commonly known as 'Nadi astrology'. The evening is free for leisure – Overnight stay at Mahabalipuram.

DAY 04 MAHABALIPURAM-THIRUVANNAMALAI 27.10.20 PONDICHERRY (4HRS 54 MIN 257KM)

Today after early breakfast we proceed to **Thiruvannamalai**. This Hindu pilgrimage town lays in the south of Tamil Nadu.

There we visit the Arunachaleswara Temple; this gigantic temple is located at the foot of the sacred **Thiruvannamalai Hills**. The temple comprises an area of 25 acres with nine lofty towers, encompassed with several shrines, mandapams and other enclosures decorated with finely and aesthetically carved pillars and sculptures. Inscriptions on the walls of this temple date back to a period between 10th and 16th century.



The Arunachaleswara Temple is one of the Pancha Bhoota Stalams, means the manifestation of the five natural elements: earth, water, fire, wind and space. Annamalaiyar (Shiva) is said to have manifested himself as the element of Fire in this temple. The Shaiva cult is a world phenomenon.

Thiruvannamalai is the capital of Shaivism. The South Indian deity Shiva is the God of all countries. Annamalaiannal is the most sacred of the names of the manifestation of Lord Shiva. Shiva is known as Annamalayar or Arunachaleswarar.

The Arunachaleswara Temple is believed to be the largest temple in the world dedicated to Shiva. The history of this Annamalayar temple dates back thousand years.

We will contemplate at this holy place and discuss the nature of the five natural elements/ Sanskrit: tattvas: earth, water, fire, winde and space.



After this we also visit the famous Ramana Ashram, located at the foothills of the Arunachala hills, west of Thiruvannamalai. The Ramana Ashram is well known for having served as home to the modern **sage and Advaita Vedanta philosopher, Ramana Maharishi**, from the year 1922, until his death in the year 1950. The Samadhi shrine of Maharishi Ramana continues to attract devotees from all over, who love to visit the place to relax and refresh themselves, far away from the maddening crowd and hustle bustle of the city. The Ramana Ashram is the perfect place to be at, not just for those interested in Vedanta, but also for those who are curious about Indian spirituality.

Together we will enjoy the authentic Ashram food.

Sabine will guide a special mountain-meditation at this holy place.

You will spend the night in Thiruvannamalai.

DAY 05 -PONDICHERRY 28.10.20 Today we proceed to Pondicherry.



Irgendwo auf der Erde sollte es einen Ort geben, den keine Nation als ihr alleiniges Eigentum beanspruchen kann.

Einen Ort, in dem alle Menschen mit gutem Willen und aufrichtigem Streben frei als Weltbürger leben können und nur einer einzigen Autorität gehorchen: der höchsten Wahrheit ...

Mirra Alfassa, Visionärin und Gründerin von Auroville: The Mother

In Pondicherry we visit the universal ideal township Auroville. Auroville is planned for a population up to 50,000 people from around the world. The concept of Auroville - devoted to an experiment in human unity - came to the Mother as early as the 1930s. In the midst of 1960s the concept was developed and put before the Government of India, who gave their backing and took it to the General Assembly of UNESCO. In 1966 UNESCO passed a unanimous resolution commending it as a **project of importance to the future of humanity**, thereby giving their full encouragement.

Auroville wants to be a universal town where men and women of all countries can live in peace and progressive harmony above all creeds, all politics and all nationalities. **The purpose of Auroville is to realise human unity.**

DAY 06: PONDICHERRY 29.10.20

After breakfast we visit the **Sri Aurobindo Ashram**. This is the famous spiritual community (= Ashram) at Pondicherry, founded by Sri Aurobindo and Mirra Alfassa in 1926. It is one of the major highlights of Pondicherry and visited by thousands of people from all over the world. The ashram is also the place of Samadhi of Sri Aurobindo and The Mother.

DAY 07: PONDICHERRY - KUMBAKONAM 30.10.20

(APPX 03 HRS DRIVE- 131KM) Relax today!

After breakfast check out the hotel and proceed to **the beautiful Paradise Resort in Kumbakonam**, where we stay 2 nights.

Kumbakonam is one of the oldest towns in Tamil Nadu. And it's famous for its **Mahamaham Festival**. In the 7th century, it was the **capital of chola kings**. Kumbakonam is located among the two rivers Kaveri & Arasalar. The town is famous for brass, vessels, bettel leaves.

Enjoy the Paradise Resort, Kumbakonam

Join a 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 Paradise Resort



DAY 08: KUMBAKONAM 31.10.20

After breakfast we relax at the Paradise Resort.

In the afternoon visit the old town. There we will see the **Sri Sarangapani Temple**, the most striking and one of the many temples in Kumbakonam. This famous Pancharanga Kshetram is in the midst of the busy market place. The Pancharanga Kshetrams is a group of five sacred Hindu temples, dedicated to Ranganatha, a form of the God Vishnu, all on the banks of the Kaveri River. Before the Sri Rangam Temple Gopuram (tower) was built, this temple used to hold the place for the tallest Temple Tower in South Asia. This twelve storied 147 feet (45 m) high temple was built by the Nayak Kings, 15th century. Stay one more night at **the Paradise Resort, Kumbakonam**

DAY 09: KUMBAKONAM-THANJORE-MADURAI 1.10.20 (APPX 04 HOURS 30 MINS-229KM)

After breakfast we drive to **Tanjore**. Tanjore is known as the City of Temples as it has many famous temples in and around the city. On reaching Tanjore, set out on a guided city tour through Tanjore including highlights like the Shiva Ganga Garden, the magic **Brahadeshwara Temple** and so on, we will see... !



The important landmark in Thanjavur is the great **Brahadeeswara Temple** ! Thanjavur was at the height of its glory during the Chola period between the 10th and the 14th century and became a great centre of learning and culture. **The Brahadeeswara Temple** was built by Raja Raja Chola - I. **It is one of the most magnificent piece of South Indian temple architecture.** Established in 1011 AD in celebration of victory of the Chola kingdom that extended until Ceylon and some parts of the Malaya archipelago. It is a world heritage site. Even today Tanjore, Thanjavur is not only considered as the rice bowl of Tamil Nadu but also as a cultural headquarter. Though the Thanjavur district is dominated by agriculture, the town is diverse in its own, having a literacy percentage of more than 75% and a homogenous mix of population of all religions.

Visit the **manufacturing of vinas: South Indian stringed instruments**

Later we drive to Madurai. Check in to the hotel and relax. **Dinner.**



In the evening we visit the the amazing Sri Meenakshi Temple for the Evening Darshan.

The Sri Meenakshi Temple, one of the largest temple complexes in India and one of the highlights of Tamil Nadu. Thousands of huge stone pillars line the hallways, each adorned with different deities, are said to represent the 3,333,333 gods of the Hindu cosmos. A constant flow of worshipers, offering pujas, (rituals performed by the temple priests to the various deities) add to the heady atmosphere of incense and camphor smoke, and make this an unforgettable experience of Hindu culture.



1000 Pillar Hall Meenakshee Temple

This very important and famous temple has a lot of religious fervor, not all parts are accessible to Nonhindus.

It is great to discover the beautiful historic architecture and to see so many people worshipping the goddess Meenakshi and god Shiva.

Meenakshi: The Warrior Goddess Who Could Not Be Defeated by Any Man ...Until She Met Shiva

Meenakshi is the goddess in the Hindu pantheon who is worshipped mainly in the southern part of India. This goddess is believed to be an avatar of the goddess Parvati, the wife of Shiva. The most important temple dedicated to this goddess is the Meenakshi Amman Temple in Madurai. In this temple, Meenakshi is worshipped together with her husband, Shiva, in his form as Sundareswara. Overnight we stay in Madurai.

DAY 10 MADURAI 2.11.20

In the morning we visit the **Sri Meenakshi Temples flower market** and the **Thirumalai Nayakar Mahal**. We visit the museum and manufacturing of bronze figures...

DAY 11 MADURAI-POLLACHI (APPX 3HR 48 MINS-218KM) 3.11.20

After breakfast we proceed directly to Pollachi. We will have a delicious lunch and overnight stay at Pollachi.

DAY 12 POLLACHI 4.11.20

Mittagessen im Hotel. Erholung pur, Massage, Lesen, Träumen! Evt. Birdwaching, Kochkurs... at Shenbaga Vilaasam



DAY 13 POLLACHI-COIMBATORE – Kerala 5.11.20

After breakfast we proceed to Coimbatore, enroute we visit the **Adiyogi in Mahashivaratri Grounds** in the Velliangiri Foot Hills.

Then we visit the Ashram Isha Foundation. (Join a Isha Yoga Class).



Proceed to Kerala.

DAY 13-16 Kerala 5.-8.11.20

Meiveda Ayurveda Resort: incl. **Ayurveda-Therapy**, breakfast, lunch and dinner. Enjoy a relaxing environment with the pleasant beach.



Optional half-day Cochin Tuk tuk backwater tour.

DAY 16 DEPARTURE 8.11.20

Today after Breakfast Check-out the Hotel and Transfer to the Cochin International Airport onward Journey.

THE PACKAGE INCLUSIVE:

- Ø All Transfers and Sightseeing by A/C Tempo Traveller,17-Seater
- Ø Accommodation Double or Single Rooms with Daily Breakfast i.e.
- Ø Daily Buffet Breakfast in above said Hotels.
- Ø Ayurveda Package on full board 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.

Reisekosten: Doppelzimmer/ pro Person: ca. 1990 €
Reisepreis mit Einzelzimmerzuschlag: ca. 2690 €
Anmeldung bei: Sabine Kunzfeld +49 (0)151 – 42429825
TeilnehmerInnenanzahl: 5 - 12 Personen

Important Remark:

No booking is made till date and rooms are subject to availability.

Booking will be confirmed after receiving advance and on availability of hotels mentioned.

There will not be any change in the hotels mentioned without informing you.

During the journey if someone asks for extra money, you may inform us and we may not be responsible if you pay without our concern.