



HEART OF YOGA TOURS

Tamil Nadu Temple Tour & Hiking the Western Ghats January 20 - February 3, 2019

January 20 - Arrive **Chennai** in Tamil Nadu; the most direct flight from HoYS is RDU/LHR/MAA. Talks on Temple Etiquette, Bhakti, the Deities, & the Planets over dinner. Buy Indian clothes at Rasi Silks after dinner if interested.

January 21 - Kanchipuram - Rohini Temple, Shankaracharya Samadhi in the morning & **Tiruvanamalai** - Fire Temple in the evening. Lunar eclipse.

January 22 - Walk up Arunachala at Ramana Maharishi's Ashram to the Meditation Cave, **Chidambaram** in the evening

January 23 - Mercury, Ketu, & Mars Temples on the way to **Vaitheeshvarar**

January 24 - Vaitheeshvarar; Venus, Tirumangalakudi, Sun, Moon, Rahu

January 25 - **Kumbakonam**; Saturn, Ketu, Jupiter, Ashvini

January 26 - Kumbakonam; Saturn, Jupiter, Moon & Sun

January 27 - **Rameshvaram**

January 28 - Madurai

January 29 - Chitra Temple on way to Munnar

January 30 - Munnar - - Tea Plantation Tour and short village trek, relaxed afternoon, evening Vedic Astrology & Bhakti satsang

January 31 - Munnar - Munnar - Wild Elephant Mountain Trek (no guarantees we'll see them), evening Vedic Astrology & Bhakti satsang

February 1 - Munnar - Silent Valley

February 2 - Munnar - Munnar - Anamudi Mountain Trek (If still open? It closes in Feb/March for the calving season of the endangered Nilgiri Tahrs), evening Vedic Astrology & Bhakti satsang, evening Vedic Astrology & Bhakti satsang

February 3 - Depart by 8am for Cochin; in Cochin you can get a one hour domestic flight back to Chennai for about \$30. We'll be in Cochin by 12:00pm.

Depending on your interest and the location, we may be able to visit your personal Nakshatra Temple; just let me know of your interest when you register.

Highlighted cities indicate a change of location and hotel. We'll be in Vaitheeshvarar and Kumbakonam for two nights each. We'll be in Munnar for five nights. This itinerary is subject to change.