



## 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.

January 21 - Chennai; Talks on Temple Etiquette, Bhakti, the Deities, & the Planets. Buy Indian clothes at Rasi Silks if interested. Visit the Mylapore Temple; Lunar eclipse.

January 22 - Kanchipuram - Rohini Temple, Shankaracharya Samadhi & Tiruvanamalai - Fire Temple

January 23 - Walk up Arunachala at Ramana Maharishi's Ashram to the Meditation Cave, Chidambaram in the evening

January 24 - Mercury, Ketu, & Mars Temples on the way to Kumbakonam

January 25 - Kumbakonam; Venus, Tirumangalakudi, Sun, Moon, Rahu

January 26 - Kumbakonam; Saturn, Ketu, Jupiter, Ashvini

January 27 - Kumbakonam; Saturn, Jupiter, Moon & Sun

January 28 - Thagaraja Samadhi and Purva Bhadra Temple on way to Madurai;  
Meenakshi Temple

January 29 - Chitra Temple on way to Munnar

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

January 31 - Munnar - Anamudi Mountain Trek (If still open? It closes in  
Feb/March for the calving season of the endangered Nilgiri Tahrs)

February 1 - Munnar - Wild Elephant Mountain Trek (no guarantees we'll see  
them)

February 2 - Munnar - Silent Valley Trek

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.