



HEART OF YOGA

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

January 20, Sunday - 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.

Mylapore, Chennai, shared rooms except Allison and Eric

January 21, Monday - Relaxed morning & Tiruvanmalai - Fire Temple in the evening. Lunar eclipse.

Tiruvanmalai, single rooms

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

Chidambaram, single rooms

January 23, Wednesday - Mercury, Ketu, & Mars Temples on the way to Kumbakonam

Kumbakonam, shared rooms

January 24, Thursday -Venus, Tirumangalakudi, Sun, Moon, Rahu

January 25, Friday - Patanjali Samadhi at Brahmapureeshvarar Temple in Thirupattur, Saturn, Ketu, Jupiter

January 26, Saturday - Saturn, Jupiter, Moon & Sun, Mrgashirsha in Koradacheri

January 27, Sunday - Ashvini Temple in morning and Avudaiyarkovil/Karaikudi in evening

Karaikudi, single rooms

January 28, Monday - Rameshvaram

Rameshvaram, shared rooms

January 29, Tuesday - Ramar Padam & Madurai

Madurai, single rooms

January 30, Wednesday - Chitra Temple on way to Munnar:

Munnar, shared rooms

January 31, Thursday - Munnar - Tea Plantation Tour and short village trek, relaxed afternoon, time for meditation, writing, reading, practicing, assimilating, evening Vedic Astrology & Bhakti satsang

February 1, Friday - Munnar - Wild Elephant Mountain Trek (no guarantees we'll see them), evening Vedic Astrology & Bhakti satsang

February 2, Saturday - Munnar - Sita Devi Lake

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