

# South India Temple & Ashram Tour

## *Ancient South Indian Temples, Ashrams & Tourist Sites*

### January 25 – February 1, 2018

### 8 days & 7 nights

*updated 01/13/17*

*presented by...*  
***Sugham Bhavanthu Hospitalities Pvt Ltd***

In the birthplace of yoga, you will find India a mystical and spiritual destination full of healing, yoga, study and adventure. Join us on an experience of a lifetime in South India as we visit the sacred temples of south India, some of the oldest on earth, relax in the mountain forests and beaches of Kerala and study the depths of yoga and spirit. Daren Friesen will lead us on this exciting pilgrimage and spiritual journey into the heart of South Indian. Travel in the company of yogis and spirit seekers, enjoy yoga classes while learning about the ancient mythology of the ancient Vedic scriptures, and enjoy touring the most sacred and beautiful places of South India.

**Retreat Fee: \$1,095 if paid by December 15<sup>th</sup>**  
**\$1,195 if paid by January 15<sup>th</sup>**  
**\$1,295 if paid after January 15<sup>th</sup>**

#### Notes

- Arrive in Kovalam by January 24<sup>th</sup>. Accommodations on the night of the 24<sup>th</sup> not included.
- Includes accommodations (double/triple) and bus transportation roundtrip from Kovalam Beach.
- Does not include meals, accommodation upgrades, single surcharge, airfare, or incidentals.
- Accommodations and itinerary subject to change.
- All forms of payment accepted. No refunds.
- Moksha & Green Yoga Trainees/Teachers receive 10% off and Moksha & Green Yoga Teachers receive 20% off.

For more info, please contact...

[info@mokshayoga.com](mailto:info@mokshayoga.com) or call 312-942-9642



**Temple & Ashram Tour 2018****8 days & 7 nights****Jan 25, Thu Kovalam to Rameshwaram Day 1**

6am	DP Kovalam	AR Thiruvattar	56 km / 2 hrs
8am	Adikeshava Permual Temple in Thiruvattar		
9am	DP Thiruvattar	AR Nanguneri	121 km / 3 hrs
12pm	Vanamamalai Permual Temple in Nanguneri		
1pm	DP Nanguneri	AR Rameshwaram	256km / 4 hrs / 1 night
5pm	Check-in to <b>Daiwik Hotel</b> in Rameshwaram		
[3-10pm]	Ramanathaswamy Temple Darshan		

**Jan 26, Fri 2<sup>nd</sup> night in Rameshwaram Day 2**

[5:30-7:45am]	Ramanathaswamy Temple Darshan Shree Krishna Pranami Mangal Mandir Hanuman Temple		
[3-10pm]	Ramanathaswamy Temple Darshan		

**Jan 27, Sat Rameshwaram to Thiruvannamalai Day 3**

6am	DP Rameshwaram	AR Tiruchirappalli	229 km / 4 hrs
[9am-12pm]	Ragnanathaswamy Temple Darshan		
1pm	DP Tiruchirappalli	AR Thiruvannamalai	187 km / 3 hrs / 2 nights
4pm	Check-in to Thiruvannamalai Hotel		

**Jan 28, Sun 2<sup>nd</sup> night in Thiruvannamalai Day 4**

Agenda	Sri Ramana Maharishi Ashram
--------	-----------------------------

**Jan 29, Mon Thiruvannamalai to Pondicherry Day 5**

10am	DP Thiruvannamalai	AR Pondicherry	109 km / 2 hrs / 2 nights
12pm	Check-in to Pondicherry Hotel		
Agenda	Pondicherry Sightseeing & Beach		

**Jan 30, Tue 2<sup>nd</sup> night in Pondicherry Day 6**

Agenda	Auroville (Matrimandir 10am-12pm / closed Tuesdays?)
--------	--

**Jan 31, Wed Pondicherry to Madurai full moon Day 7**

[8am-12pm / 4-6pm]	Sri Aurobindo Ashram – Tour 8:15am		
10am	DP Pondicherry	AR Madurai	334 km / 5 hrs / 1 night
3pm	Check-in to <b>Gateway Pasumalai Taj</b> in Madurai		

**Feb 1, Thu Madurai to Kovalam Beach Day 8**

[5am-12pm / 4-8pm]	Sri Meenakshi Temple		
[5am-12pm / 4-9pm]	Thirumalai Nayakar Mahal Palace		
[10am-1pm / 2-5pm]	Gandhi Museum {gandhimmm.org}		
1pm	DP Madurai	AR Kovalam	304 km / 6 hrs / end

## **Adikeshava Temple Tiruvattar, Kerala**

This temple contains the Deity of Lord Keshava made out of 16008 Saligrams and about 4,000 years old. The Maha-Vishnu Deity, lying on Sesa Naga, is 5.5m (18 ft) long and is viewed from three doors. The Adi Keshava Temple is about 45km southeast of Thiruvananthapuram in the town of Tiruvattar. The temple is surrounded on three



sides by rivers Kothai, Parali and Tamraparni. River Paraliyar takes a turn in this place and diverges its flow



forming an island and which is called vattaru and when the temple of Adikeshav Perumaal was created it came to be known as Thriuvattaru.

---

## **Sri Thothathrinath Temple Nanguneri, Kerala**

When Lord Vishnu killed the demons, Madhu and Kaidaba, the bad odor from their body started polluting the entire earth. Mother Earth lost her natural purity. She came to this place for cleansing. Lord appeared before Bhoomdevi (Earth Goddess) and said, "pollution set on you is washed off" according to history of the place in the sthala purana. The Lord appeared before Mother earth in the same form as he is in Vaikuntha. The temple is surrounded by 4 lakes.



## Ramanathaswamy Temple Rameswaram, Tamil Nadu

Located on Rameswaram island in the state of Tamil Nadu, India. According to Ramayana, Rama, the incarnation of god Vishnu killing Ravana returned with his consort Goddess Seetha first stepping on the Rameswaram and have prayed to Shiva here to absolve his sin a brahmana, committed his war against the king Ravana in Sri Lanka. Rama wanted to have the lingam to worship Shiva. He directed Hanuman, the lieutenant in his army, to bring the lingam from Himalayas. Since it took longer to bring the lingam, Sita, the wife of Rama, built a small lingam out of the sand available in the sea shore, which is believed to be the lingam in the sanctum. The primary deity of the temple is Ramanathaswamy (Shiva) in the form of lingam. There are two lingams inside the sanctum - one built by Goddess Sita, from sand, residing as the main deity, Ramalingam and the one brought by Lord Hanuman from Kailash called Vishwalingam. Rama instructed that Vishwalingam should be worshipped first since it was brought by Lord Hanuman - the tradition continues even today.



waram  
Tamil  
the  
seventh  
after  
with his  
to India  
shores of  
prayed to  
of killing  
during  
demon  
Rama  
largest  
He  
monkey





## Meenakshi Temple Madurai, Tamil Nadu

The enormous temple complex is dedicated to Shiva, known here as Sundareshvara and his consort Parvati or Meenakshi. The original temple was built by Kulasekara Pandya, but the entire credit for making the temple as splendid as it is today goes to the Nayaks. The Nayaks ruled Madurai from the 16th to the 18th century and left a majestic imprint of their rule in the Meenakshi - Sundareswarar Temple. The temple complex is



within a high-walled enclosure, at the core of which are the two sanctums for Meenakshi and Sundareshwara, surrounded by a number of smaller shrines and grand pillared halls. Especially impressive are the 12 gopuras. Their soaring towers rise from solid granite bases, and are covered with stucco figures of dieties, mythical animals and monsters painted in vivid colours. The Meenakshi temple is believed to have been founded by Indra (king of Deva celestial deities) while he was on a pilgrimage to atone for his misdeeds. He felt his burden lifting as he neared the Swa-yambu lingam (self formed lingam, a representation of Shiva used for worship in temples) of Madurai. He ascribed this miracle to the lingam and constructed the temple to enshrine it. Indra worshipped Shiva, who caused golden lotuses to appear in the nearby pool.

