



# South India Yatra (Pilgrimage)

Spiritual & cultural retreat for Yogis

15-30 November 2024

with Pradipa & Meera at  
Arsha Yoga, Kerala



*“A yātra pronounced yAH-trAH) is much more than a vacation. It's a sacred journey where the outer reality of the site fuses with our inner experience of the divine to transform us on all levels. To go on a yatra is to embark on a path that is mysterious and adventurous. We return from a yatra changed, not only because of the novelty of traveling to exotic lands, but because we've been touched by the grace of the sacred.” - **Kavitha Chinnayian***



Yoga overlooking Idukki Dam on previous retreat





- Daily Yoga, Pranyama & Meditation
- Culture
- Nature
- Ashram living
- Trekking
- Boating
- Ayurveda
- TRANSFORMATION

*View from Arsha Yoga Gurukulam to the Arabian Sea*

## What to expect

*Daily Yoga, Pranayama & Meditation whilst staying at Arsha Yoga Gurukulam & Heritage Farms plus day trips and excursions such as temple visit and boat ride.*

*Lecture on Ayurveda, the 'Science of Life'.*

*Free time for reading, journaling, swimming and relaxing walks on the beach.*

*Classical Indian Music concert and Kalaripayattu (martial art) performance while at Arsha Yoga.*

*Private minibus plus guide for travel to Heritage Farms, Isha Yoga Ashram & Marayur, with some travel on train and bus for cultural experience.*

*Simple, clean accommodation and simple vegetarian food.*

*Guidance and support from Pradipa and Meera to develop your practice and sankalpa (intention) for the trip.*



## Typical Daily Ashram Schedule\*\*

**6.15-7.15am** *Pranayama and Meditation*

**7.30am** *Tea and banana*

**8-9.30am** *Asana practice (Hatha Yoga/Yin Yoga/Yoga Nidra)*

**10-11am** *Brunch*

**11am** *Seva (small help around the ashram - karma yoga)*

**11-3.30pm** *Free time (swimming, reading, journaling, massage\*)*

**3.30pm** *Tea*

**4pm** *Yin Yoga/Yoga Nidra/Self-Practice /Ayurveda Lecture*

**6pm** *Dinner*

**7.15pm** *Satsang/Classical Concert/ Kalaripayattu Martial Arts Demonstration*

\*Subject to availability and extra cost will apply

\*\*Timetable subject to change and variation



*Patanjali Hall at Arsha Yoga*



# Retreat Venues



*Accommodation is clean and simple, shared rooms with shared bathroom.*

*Meals are served twice daily and effort is taken to provide homegrown fruits and vegetables from the garden.*

## Arsha Yoga

*Arsha Yoga Gurukulam ([www.arshayoga.org](http://www.arshayoga.org)) is a small, family run ashram located in silent village surroundings of central Kerala, and nestled in a stunning beach-side coconut grove.*







*Birds Eye View of Arsha Yoga*



## Heritage Farm

*Heritage Farms ([www.heritagefarm.in](http://www.heritagefarm.in)) is an eco-conscious and beautifully tranquil sanctuary set in the lush greenery and stunning views of the Western Ghats in the Idukki district of Kerala.*



*Enjoy comfortable and cosy lodgings, with breath taking views and organic, farm to table food.*

*Here we will explore the beauty of nature with guided trekking and a boat trip on the largest dam in Asia.*



## Proposed Itinerary\*

**16 Nov** Arrive Arsha Yoga

**16-19 Nov** Settle into Ashram living, shopping trip, excursions/Concert/Martial arts demo

**20 Nov** Depart Arsha Yoga to Heritage Farms

**21-22 Nov** Trekking & boating on dam

**23 Nov** Marayur Sandalwood Plantation

**24 Nov** Travel to Isha Yoga Foundation, home of Sadghuru

**24-26 Nov** Isha Yoga Ashram

**27 Nov** Bus to train station & train to Thrissur (Arsha Yoga)

**27-29 Nov** Arsha Yoga/concert/martial arts demo

**30 Nov** Depart Arsha Yoga

*\*This itinerary is subject to change and variation*





## Cost & Eligibility

*The price of the retreat is £1450\* per person and includes:*

- *all accommodation, food whilst staying at Arsha Yoga, Heritage Farm & Isha Yoga*
- *transfer to and from airport*
- *private minibus for travel*
- *train and bus tickets as required*
- *excursions, lectures and cultural events*
- *local guide*
- *all pranayama, meditation and yoga classes*

*Price excludes flights, visa, insurance, vaccinations, food whilst travelling outside the ashram and extras such as massage and shopping.*

*There is a £200 non-refundable deposit payable on booking (this will be refunded if the retreat is cancelled by us).*

*Payment in full is due by 30th September 2024.*

*This retreat is open to sincere yogis who have at least 2 years yoga experience, ideally with a daily meditation practice.*

*Please contact us if you do not have the required experience and we will assess your application on a case by case basis.*

*All participants will be expected to follow the guidelines set out on the next page.*

***\*Quick action bonus of £150 off stated price if you book and pay deposit within 30 days of registration opening!***



## Ashram Guidelines

*In respect of the of the ashram culture please observe these guidelines:*

- Alcohol, drugs, smoking and non-vegetarian diet (meat, fish or eggs) are prohibited during the retreat.
- Long pants and t-shirt covering the shoulders are required for the retreat. Tight fitting and transparent clothing should be avoided.
- For swimming, women are requested to wear shorts down to their knees and a t-shirt covering the shoulders.
- The ashram is a plastic FREE zone. If you bring any plastic bags or bottles with you, please think of packing them with you when you leave
- Mosquito nets, first aid kit, boiled water are provided and eco-friendly washing soap can be purchased from the ashram.





## About the hosts

### Angela Cresswell (Pradipa)

Angela has been living and practicing Yoga for almost 20 years. She studied intensively under Swami Govindananda in Kerala, India, in 2012 and 2017, and undertook 6 months intense Sadhana (spiritual practice) at Arsha Yoga in 2012, studying with Yoga Acharya Harilal Karanath. Here she completed further studies in Vedic Culture and Psychology, also qualifying as a Yoga Therapist. After teaching in India and Thailand, she returned to the UK in 2014 and started Pradhipa Yoga, specialising in stress management and embodied movement. She has run 3 Yoga Ashram retreats to India with Meera and looks forward to welcoming you on this spiritual pilgrimage.

“As soon as I arrive at Arsha Yoga, all my cares and worries melt away and I feel enlightened and free. I am blessed to be able share this magical place with you.”



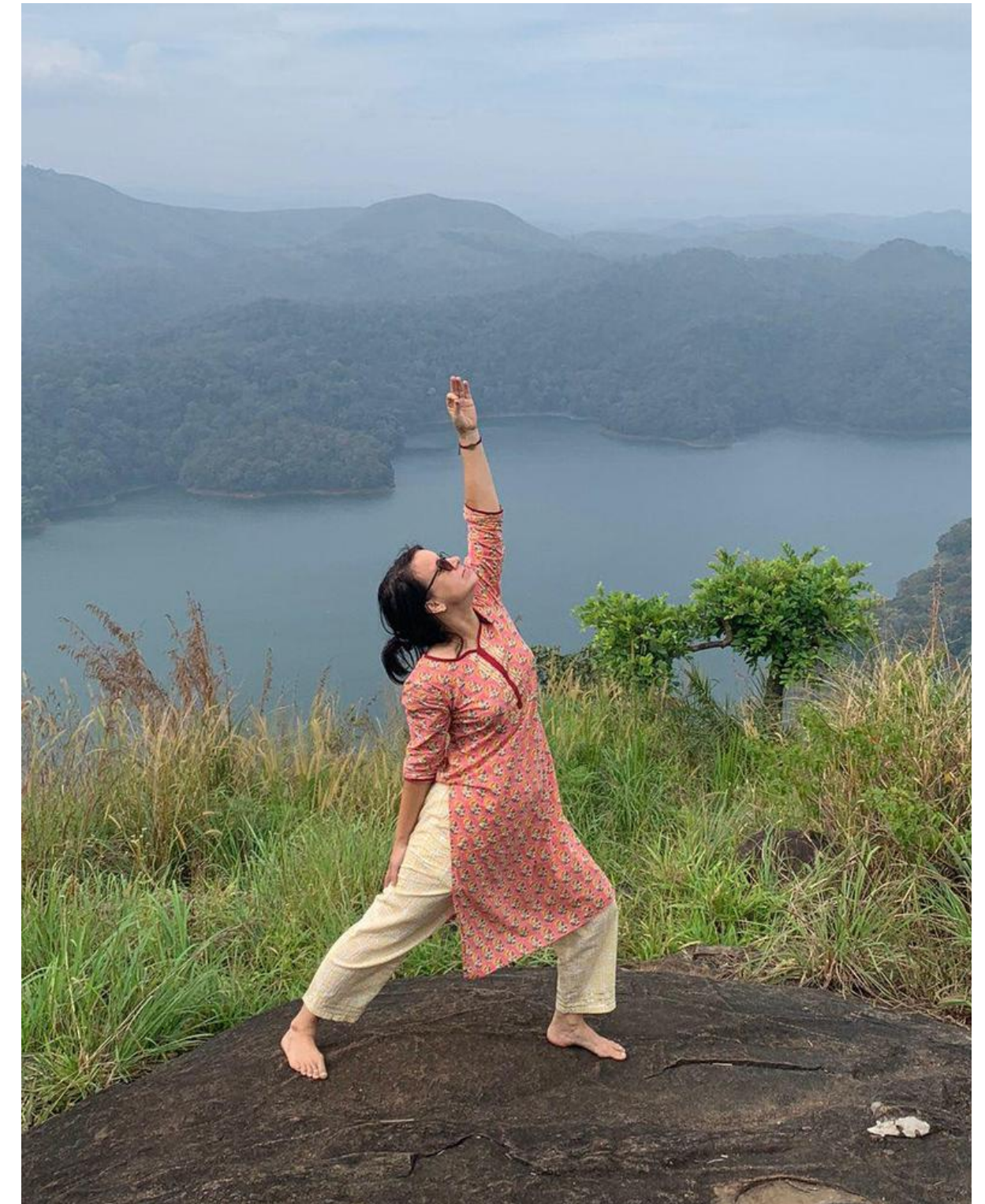


## Marie Meera Karanath

Besides her translation and interpreting studies in Germany, Marie Meera Karanath completed her two years yoga teachers' training course in 2006 and one year yoga therapy instructors' course in 2008. After gaining experience for three years as a yoga teacher in Germany, she has continued her teaching practice at Arsha Yoga since 2009.

She is one of the teachers and the course coordinator of Arsha Yoga, at the moment also a full time mother. Her main passion is yin yoga, individual yoga therapy, kirtan, mantra chanting and woman's work.

*“Living in a different country teaches you to set your ego aside, to reassess your social and cultural background, to come out of the cocoon and become a butterfly. This has to happen. My daughter, Gayatri, is the greatest teacher in this regard.”*





## Arrival Information

### **VISA:**

All visitors to India are required to obtain a Tourist Visa prior to entering the country.

To apply for a 6-12 month tourist visa you have to apply through the post or by visiting the Visa centre in London/Birmingham. The visa is only valid from the date of issue not date of arrival.

Visit: <http://www.vfsglobal.com/India/UK/>

An online E-Visa is quicker and cheaper and it is valid for 30 days. The link to apply direct to Indian government for an E-Visa is: <https://indianvisaonline.gov.in/visa/tvoa.html>

For Government Visa Advice for India please visit: <https://www.gov.uk/foreign-travel-advice/india/entry-requirements>



## **VACCINATIONS:**

Please make an appointment with your GP to discuss which vaccinations are required. As a general rule you should ensure that your standard vaccinations for life in the UK are up to date such as; Diphtheria; Hepatitis A; Tetanus; Typhoid.

Malaria is not required for the area we are travelling to but please seek advice from your doctor to confirm this.

## **INSURANCE:**

Please ensure you have valid travel insurance for your trip.





## **What to bring:**

3 x photocopies of Passport and Visa

Flashlight

Toiletries

Alarm Clock

Water bottle or flask

Yoga Mat - Cotton if possible (can be purchased from Ashram)

Thin Towel

Swimming clothes (for ladies shorts down to the knees and short sleeved t-shirt)

Sun lotion

Hat

1 warm sweater or cardigan

1 Pair of walking shoes

Umbrella or rain coat

Mosquito repellent

Backpack (for 7 day trip)

Nail brush

Toilet paper (we encourage you to use the Indian method of washing instead)



**Weather:** Temperature stays steady all year round at 30 degrees.



## Testimonials

*“ I am very grateful and thankful for everything you did for us, it was the lifetime experience and it helped me in many aspects of my life <3. I loved and enjoyed everything!”*

*“The yoga retreat was like pushing a reset button for me, as though someone said ‘ok, welcome back to you, you are a beautiful peaceful being, now go and spread your light!’, it brought me back to me. Thank you Angela and Meera! “*

*“I feel very priveleged to have experienced authentic, rural India off the normal tourist track”*

*“The beach! What more can I say? Seeing this and listening to the sound of the waves day and night was such a tranquil experiences. The ever-present sound of the ocean was the best ever soundtrack you could wish for: when practising yoga, eating our meals or just relaxing, it simply soothed the soul.”*





*To register please complete registration form*

