

SOUTH INDIA

Art of Healing - A Transformational Journey



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Discover India's astonishing cultural and spiritual richness on this magical 15-day journey through South India. Enjoy life enhancing yoga classes and learn powerful healing techniques to help you more effectively navigate your life-path. The tour also includes a 3-day stay in a lovely healing centre as well as an introduction to Ayurveda, India's amazing ancient health system.

On this 'Art of Healing' journey commencing 28th December 2017, you will learn yoga practices to open up the energy channels in the body as well as specific poses to support your vitality. The days will be filled with exploring India through her temples and ancient monuments, lively markets and rural landscapes.

Holistic counsellor & teacher, Carissa Stoneham takes you on an inner healing journey in an ancient land where the spiritual mechanism that underpins all of life is still felt to be breathing. India provides the perfect backdrop for transformation of body, mind and spirit. This tour will amaze and inspire you!



ITINERARY

Day 1

Arrive in Chennai and transfer to a lovely beach resort in Mamallapuram, a vibrant fishing town.

Day 2

Take it easy today with a group meeting & introductory class. Your afternoon is free to enjoy the fabulous shops,





relax by the resort's beachside pool, enjoy a massage or perhaps go for a stroll on the beach.

Day 3

This morning we take part in a guided tour of seventh century world heritage monuments. After lunch we have a scenic drive to Tiruvanannamalai, the spiritual heart of South India.

Day 4 - Day 7

Over the next few days you will visit Sri Ramana's ashram for vedic chanting, the ancient temple, the hermit caves and the holy mountain Arunachula. We will also learn about the world's most ancient health system – ayurveda and how to apply these simple principles to your life, as well as enjoying satsang with an amazing local resident.

Day 8 - Day 10

Transfer to Pondicherry for a relaxing stay at one of Auroville's lovely healing centres. Enjoy one of the amazing healing therapies available as well as the delicious organic food. Visit the Matri Mandir meditation centre and enjoy a short tour of the charming town.

Day 11

Enjoy a leisurely start before transferring to Chennai for a short flight to the captivating, historic town of Cochin.





Day 12

Go on a guided tour of the town where you will see India's oldest church and synagogue and other great sites. In the afternoon, there is free time to enjoy Cochin's wonderful shops, stroll along the waterways or enjoy a massage. In the early evening, you will witness an exotic Kathakali dance performance.

Day 13

Today we have a short drive to Alleppey to board our lovely houseboat for a relaxing cruise around Kerala's backwaters. Enjoy a fascinating view of life as it is lived along the southern waterways. We will have a yoga class and other 'healing' activities as we gently drift along.

Day 14

After breakfast we return to Cochin for some last minute shopping or sightseeing, a final class with sharing and a farewell group dinner.

Day 15

Depart any time today.





ADDITIONAL INFO

This wonderful 15-day experience includes air-conditioned travel, all accommodation, all excursions and entrance fees, internal flight, many meals, guides, guide tips, yoga and healing classes.

About Carissa Stoneham



Carissa, a holistic counselor & healer, will be your facilitator and yoga teacher during the Art of Healing journey. Carissa has been a catalyst in the art of holistic healing for over a decade with experience in a broad range of healing modalities. She is a passionate teacher, committed to exploring new ways to bring us into a more powerful place by teaching alternative ways to view and deal with the challenges that life presents.



For booking information contact:

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Please note: The itinerary may be subject to change depending on altered circumstances.

