

SOUTH INDIA

Healing Art Tour



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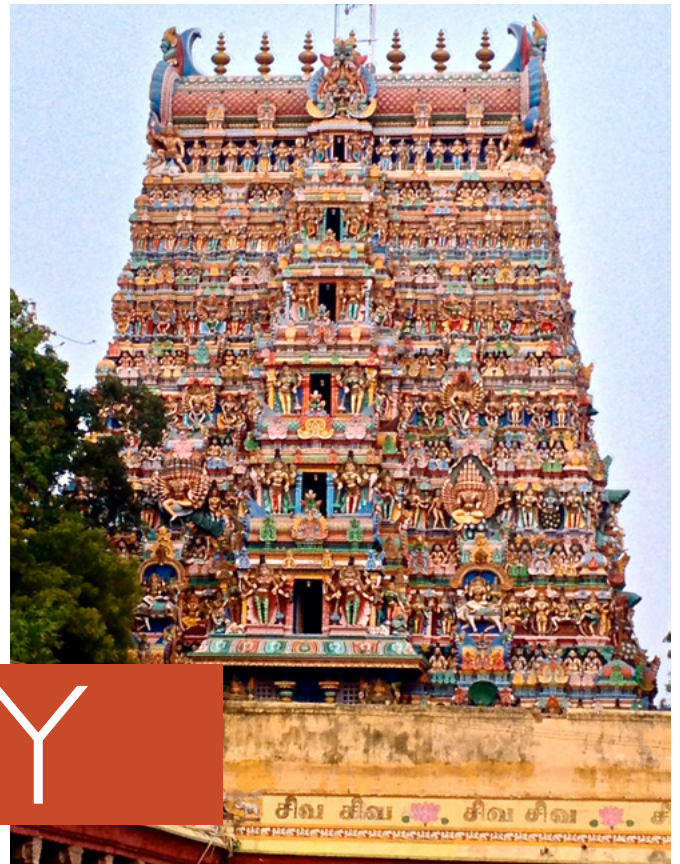
SOUTH INDIA Healing Art Tour

A South Indian Journey

Discover South India's incredible cultural richness as you learn and practice life-enhancing healing art and meditation on this wonder-filled 16-day journey.

Departing from Chennai on 20th February 2015, highlights include, ancient cultural monuments and temples, beautiful sacred sites, an ashram visit, a beautiful orphanage, historic Cochin, a backwaters houseboat trip, a lovely beach resort in Kerala, a wildlife sanctuary and much more, including yoga, a cooking class, health education, great shopping opportunities and mouth-watering cuisine.

Australian artist, Jo Parkinson, travels with us teaching healing art throughout the tour. This beautiful journey will enrich your life and uplift your spirit.



ITINERARY

Day One

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

Day Two

Take it easy today with a stroll around the shops or beach, enjoy a relaxing massage, a swim in the resort's pool or a delicious treat in one of the many lovely cafes. A healing art class is scheduled for the afternoon on the lovely lawn overlooking the beach.

Day Three





Go on a morning guided tour of amazingly carved seventh century world heritage monuments. Then enjoy some free time before a late afternoon art class.

Day Four

Drive to Tiruvannamalai, situated at the base of the holy mountain, Arunachula, a pilgrimage centre for 100's of years. On the way, visit a lovely Children's Home to see the good works that are carried out there.

Day Five - Seven

Visit the hermit caves and Sri Ramana Maharshi's ashram (for meditation and chanting) and the amazing ancient temple. Enjoy art classes with a local teacher as well as your lovely facilitator, Jo. Learn about the wonderful health benefits of Ayurveda at a very informative talk. Also indulge in a massage or other treatment and enjoy some free time by the pool. Yoga is also available.

Day Eight

Drive to Chennai airport for a short flight to Cochin. Settle in to your charming waterfront hotel.

Day Nine

Go on a guided tour of Cochin to see India's oldest church and synagogue, the amazing Dutch Palace, Chinese fishing nets and other great sights. In the afternoon, experience a waterside art class.





Day Ten

Enjoy some free time in Cochin today, stroll the atmospheric streets, enjoy the lovely cafes and shops. Enjoy lunch in an art gallery café followed another wonderful art class. In the late afternoon, you will witness an exotic Kathakali dance performance.

Day Eleven

Drive a short distance to Alleppey where you will board a lovely houseboat for a leisurely cruise around the backwaters of Kerala. Enjoy the breathtaking views and rural sights as you see firsthand how life is lived on the vast waterways of this tiny state.

Day Twelve - Fourteen

Set off on a scenic drive to Varkala, where you will enjoy art classes, a cooking class, yoga, massages and treatments and swimming at a beautiful secluded beach. Relax into the peaceful ambience of this amazing beach resort.

Day Fifteen

Go on a scenic mountain drive to visit densely forested Peppara Wildlife Sanctuary, home to 13 tribal settlements and a vast range of wildlife. In the afternoon transfer to a lovely hotel in Trivandrum, the state's capital.

Day Sixteen

The morning will start with an art class, before transferring to the airport for a short flight to Bangalore. There will be some free time in the





afternoon for last minute shopping and a final group dinner. Transfer to the airport for your flights home.

ADDITIONAL INFO

Your 16-day experience includes air-conditioned travel, stylish accommodation, all entrance fees, internal flights, many meals, bottled water, guides, guide tips, backwaters houseboat trip, yoga and meditation classes, ayurvedic class, healing art classes.

Price \$3,590 per person twin share.
(Single supplement \$770)

Art Classes

No art experience is necessary, just a willingness to explore your creative side and have fun. All art materials are supplied in a small travel kit and extra art goodies can be purchased as we travel.

Jo Parkinson brings a spiritual side to the art sessions by beginning with a short meditation. Jo also has a love of combining the elements of nature into her art works and will share her techniques with you.

This tour is the ultimate holiday with just the right mixture of art, adventure, rejuvenation, culture, spirituality and joy.



For booking information contact:

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