

AUTHENTIC COMMUNICATION

A transformational journey in South India



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Discover India's fascinating culture and spirituality on this 15-day transformational tour of the South. Deepen your inner experience by learning about and practicing communicating in ways that connect you with self and others.

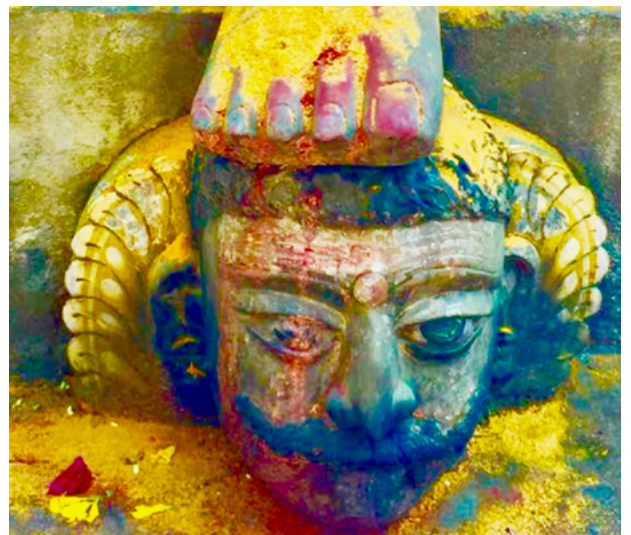
On this 'Authentic Communication' journey we will learn skills and awareness to help us communicate authentically and openly. The days will be filled with exploring India through her temples and ancient monuments, lively markets and rural landscapes. Later in the afternoons or evenings, Adhuna, your facilitator, will lead you through a communication session to help integrate and express the day's experiences.

As the tour progresses Adhuna will guide you to deeper and deeper connection with the aliveness that is your authentic self, and you will practice communicating and living from this space of authentic being.

The tour also includes Ayurvedic wisdom, a backwaters house-boat cruise in Kerala and a 3-day stay at a tranquil sea-side healing centre.

We will journey together through India and through the landscapes of self-awareness and the richness and depth of the people we meet. The 'land of the Gods' provides the perfect backdrop for transformation of body, mind and spirit.

This heart-opening journey will delight and inspire you!





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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 and 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

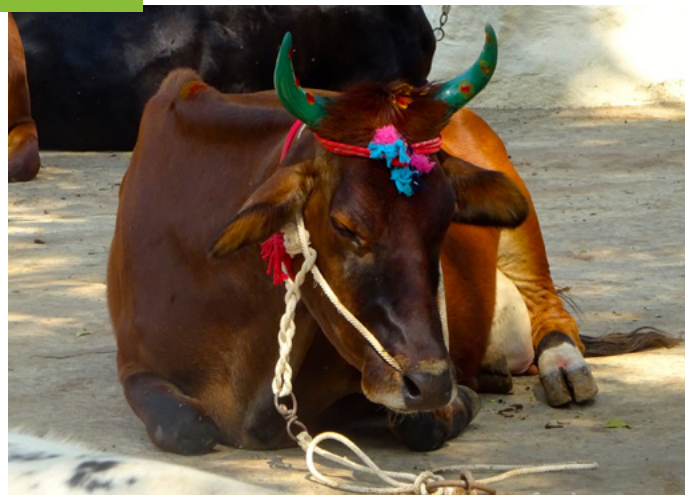
This morning we take part in a guided tour of seventh century world heritage monuments. After lunch we have a scenic drive to Tiruvananthamalai, the spiritual heart of South India.

Day 4 - 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 a local resident.

Day 8 - 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

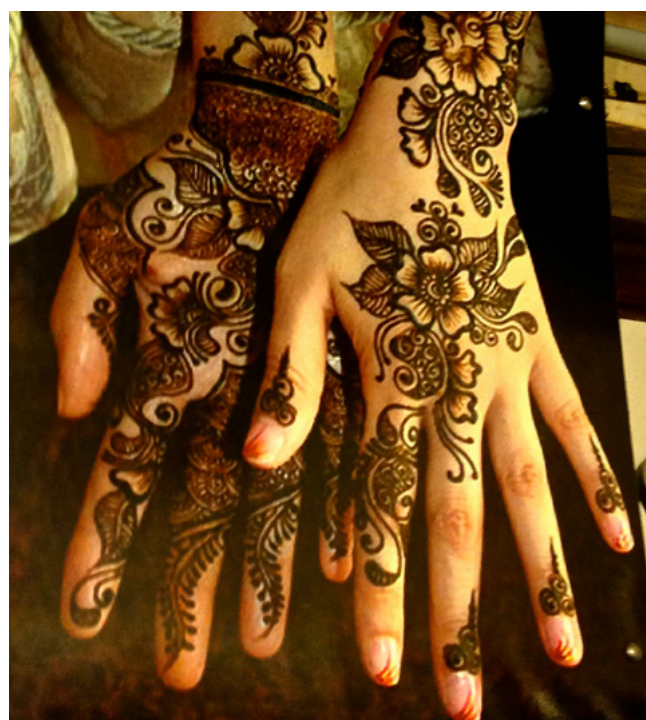
Today we have a short drive to Alleppey to board our lovely houseboat for a relaxing cruise around Kerala's backwaters. Enjoy a fascinating view of life as it is lived along the southern waterways. We will have a communication class as we gently drift along.

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 and communication & awareness classes.

About Adhuna

'It is through heartfelt expression of what is true and real for us that we are seen, and through listening for the precious aliveness in others that we can deeply see them, and we meet.' Adhuna is passionate about facilitating such connection and teaching the skills and awareness that support us to connect authentically and openly.



Knowing how important communication is for the quality of life we experience in our relationships with other people, Adhuna has been teaching communication and awareness for more than 10 years.



For booking information contact:

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

