

Contemplating a holiday with a difference?

# Yoga Tour of India 2010

Travel Southern India with Andrew and Kym Oliver who studied the various aspects of yoga in India for over three years. This tour has been designed to give practitioners, of all levels, a deeper understanding of yoga.



## 23 Day India Tour

Yoga is derived from the Sanskrit verb 'yuj', meaning 'to unite, to join'. The joining of the finite with the infinite. It implies a separation from our true infinite Nature – Spirit. In truth a separation from Spirit is not possible; Spirit is omnipresent but most of us are ignorant of this fact. The practice of yoga helps to reawaken Knowledge of Spirit.

The Indian tradition taught yoga as a lifestyle whereby the student lived with the master for many years, watching, questioning, following the teacher's actions, and aiming to live as s/he did. As time passed and yoga became more accessible to the public, more students sought the knowledge of yoga, and to accommodate such a demand ashrams were born.

An ashram is a centre for learning; providing accommodation, food and other basic needs so the student can dedicate themselves to learning. India is a land of ashrams, and what better way to learn yoga than in a traditional setting. The Yoga Tour of India 2010 is based in an ashram in Coimbatore. The presiding master is Swami Dayananda, who also has ashrams in: Rishikesh, Nagpur and USA.

Coimbatore is the second largest city in the state of Tamil Nadu, famous for its textiles and

pleasant weather all year round. It is surrounded by mountains and wet lands making it a city that attracts much wildlife. Coimbatore is also a popular tourist destination being the gate-way to many other beautiful places in South India such as Kerala, Mysore and the picturesque hill station called Ooty.

The Yoga Tour of India 2010 will encompass a tour of Coimbatore, Mysore and Ooty where we will visit, ancient temples, palaces and breath-taking nature. We will then settle into the ashram lifestyle for a lived-in experience of yoga. Two weeks in one ashram will give us plenty of time to absorb the routine and see the benefits of a yogic lifestyle. An invaluable souvenir to take home and aid one's yoga practice.



2010

# 23 Day Tour Itinerary

## 14 April – 06 May 2010



### Day 1

#### Departure flight from Melbourne arrive Coimbatore



### Day 2

#### Coimbatore to Ooty (1 night)

Proceed to Ooty; the 98 km drive will be through verdant hills, and lush green valleys. En route we will visit the beautiful Kalhatty waterfalls, 100 feet in height.



### Day 3

#### Ooty (1 night)

Explore the rolling hills of Ooty on a steam-engine train; a train that has been given world heritage status. Along the way you will see stunning views of the Nilgiri hills and valleys, jungle and tea plantations, rivers and animals.

Ooty used to be a hill station established by the British to escape the hot South Indian climate. It's cool mountain air and lush green vegetation makes Ooty a welcomed destination.

Ooty is a place for outdoor lovers with its 22 hectare Botanical gardens; 650 species of plants, and tree fossils that date back over 20 million years. Ooty Lake is 2.5 km long and boat rides are a popular activity for visitors.

Dodabetta Peak at an altitude of 2,623 meters offers the highest vantage point around Ooty for great pictures of the surrounds.



### Day 4-5

#### Ooty to Mysore (2 nights)

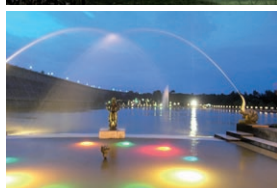
Travel to Mysore; 155 km via luxury coach. Mysore is famous for its rich heritage and culture; palaces and temples, silks and sandalwood. After freshening up, we will spend a leisurely evening at Brindaban Gardens, famous for its dancing musical fountains.

On Day 5 Explore Wodeyars, the capital of Mysore. Magnificent palaces, beautiful gardens and sacred temples give Mysore an old world charm.

Mysore Palace was built over one thousand years ago; with both Hindu and Muslim influence. Rooms with rosewood carvings, stained glass ceilings, and mosaic floors are impressive. The palace is surrounded by gardens, within which are twelve temples dedicated to different gods.

35 kms east of Mysore is Chennakesava Temple. The Keshava temple built in 1268 CE, is one of the finest examples of Hoysala architecture, famous for exquisite stone carvings. The temple is in good condition.

Accommodation while in Ooty and Mysore will be in good quality hotels. The rooms will be double occupancy, single occupancy will cost extra.



### Day 6-22

#### Ooty to Coimbatore (17 nights)

Return to Coimbatore. Having turned our attention outwards and satisfied the need to explore India, we slowly turn our attention inwards and begin our self exploratory journey through a lifestyle of yoga.

Established in 1990, Swami Dayananda's ashram is located 25 km from Coimbatore in the beautiful Nilgiri Mountains.

The ashram has an emphasis on understanding an ancient philosophy called Vedanta. Vedanta is a practical philosophy that offers knowledge about oneself, our relationship to the world and the Ultimate Reality / God. The knowledge is to be practiced in everyday affairs, and with regular intake promotes increasing peace of mind.





Twice a day we will enjoy asana classes conducted by qualified Hatha and Iyengar Yoga teachers. Students will have many opportunities to ask questions and improve their practice of asana.

Other activities at the ashram include: attending Vedic rituals in the ashram temples, Vedic chanting classes, Sanskrit classes, enjoying three cooked meals daily, and interacting with other students from around the globe.

Swami Dayananda has been teaching Vedanta philosophy around the world for over five decades. His teaching style has the ability to reach both the traditional and contemporary student. During our time at the ashram Swami Dayananda will present a program on Vedanta philosophy and students are welcome to ask questions and spend time with Swamiji.

The ashram follows a daily schedule, where every hour of the day is dedicated to some activity, even rest time has a certain period allotted to it. As a student follows the daily schedule what is noticed is quietening of mental chatter so another aspect of the personality is experienced; a calmer more natural aspect. When this occurs, the knowledge being taught is really heard; heard more clearly and heard without being bombarded by pre-conceived notions and conditionings. Lasting changes can occur to your personality at this juncture. Qualities and disciplines that you may have been trying to practice without success, becomes a natural part of your personality when absorbed with a quiet mind.

## Day 23

**Departure flight from Coimbatore to Melbourne**

# Tour Details

## Dates

**Departure** Wednesday 14 April 2010\*  
**Return** Thursday 06 May 2010\*

## Cost

**Total cost \$3950 (incl GST)** for 23 days, 22 nights. A deposit of \$500 is required upon booking. The remaining balance due 1 February 2010.

## Inclusions

- International fares
- All accommodation
- All transportation
- Three meals per day

## Exclusions

- Travel Insurance (which is necessary). Consult your travel agent for advice.
- Travel visa. You will require an Indian visa which can be obtained from:  
Indian Passport & Visa Service Centre (IP&VSC)  
Ph 1900 960 960 or email: visainfo.inau@vfshelpline.com  
Suite 918 & 919, Building 401, Docklands Drive, Docklands 3008
- Immunization. Consult your doctor for current immunization advice.
- Personal items, such as telephone cards, snacks, souvenirs.
- Personal ayurvedic treatment.
- Excess baggage fee (over 20kg).



Please refer to  
*Booking Form*  
for full Terms &  
Conditions.

\* Dates may be subject to change.

**CONTACT CAITANYA**

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# Booking Form

## Yoga Tour of India 2010



### Applicant Details

Full Name (as on passport)

Postal address

Home phone

Work/Mobile

Email

Date of birth

Gender M / F (circle)

Nationality

Passport number

Passport expiry date

### Emergency Contact

Name

Phone

Relationship

Name

Phone

Relationship

### Additional Details

Special dietary considerations

Medical condition/s that may affect your participation in the tour

### Declaration

I, \_\_\_\_\_ understand and agree to abide by the terms & conditions below

Signature

Date

### Payment

Full payments must be received by the 1 Feb 2010. We accept EFT/cash or cheque to Caitanya Yoga

Cash

Cheque

EFT\*

Deposit

Balance

Amount \$

**Send your completed form, photocopy of passport, two passport size photos and enclosed cheque to:**

**Caitanya Yoga  
PO Box 142  
Lancefield Victoria 3435**

\* To arrange electronic funds transfer, please contact Caitanya Yoga on Ph 03 5429 2134 for bank details.

### Terms and Conditions

The cost of the tour is based on current currency exchange rates and flight availability. While considerable care has been taken in preparing the cost and itinerary dates of the tour, circumstances may necessitate changes in the itinerary and price.

It is a requirement for the Yoga Tour 2010 to purchase a comprehensive travel insurance that covers: possibility of personal injury, illness, death, property damage or loss resulting from participation in the Yoga Tour 2010. Caitanya Yoga is not liable for any such loss or damage.

Reservation will not be confirmed until we receive this booking form, a copy of your visa and insurance coverage, along with a deposit of \$500.00. As spaces are limited you can send the application form and deposit, followed by a copy of the visa and insurance coverage when you receive these items.

Cancellation and refund policies vary depending on the chosen airline and the date cancellation is made. Such matters must be dealt directly with the travel agent and or airline.

### CONTACT CAITANYA YOGA

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