

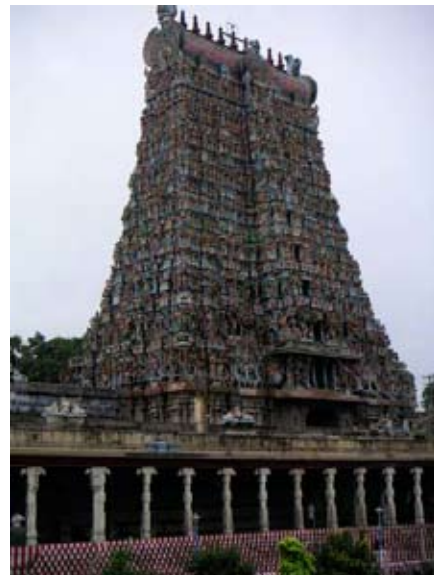


Left - one of the old Chola Bronzes on display at the museum in Tanjore - about 3 feet tall!

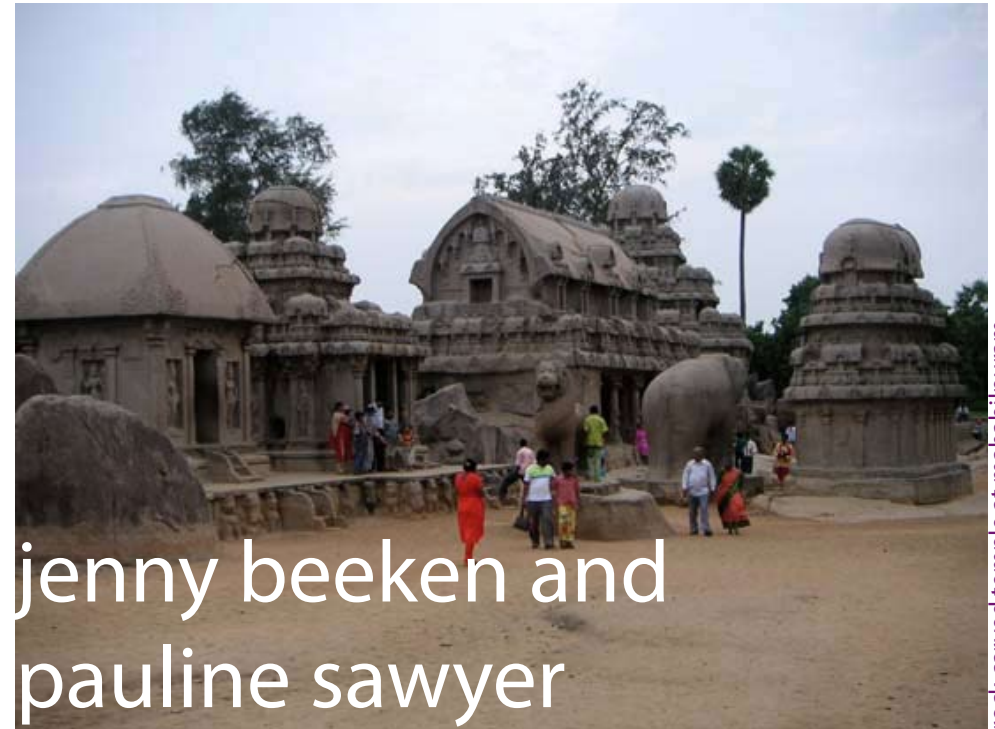
Below - The Brahadeeswara temple in Tanjore, built by the Chola Dynasty



Below - Part of the Meenakshi temple complex in Madurai



Above - The Chettinad Mansion, built around five courtyards. All rooms at the mansion open onto this courtyard. Meals are served in a well appointed dining room, and a bullock cart is available to take you to the swimming pool.



rock carved temple at mahabalipuram

jenny beeken and pauline sawyer south indian tour and yoga

4 - 25 january 2010

chennai • mahabalipuram • tanjore • trichy • chettinad • madurai
escorted travel, staying in quality accomodation and a five day retreat
with yoga from jenny and pauline



The Inner Yoga Trust, 17 Tilmore Road, Petersfield, Hampshire, GU32 2HJ
telephone 01730 261001 or visit www.inneryoga.org.uk
Registered Charity no 1068211

The Inner Yoga Trust

This South Indian Tour is inspired by a desire to see the Chola bronzes and temples as well as many other temples and historic sites in Tamil Nadu.

The 21 night tour has been arranged with South Indian Panorama, an Indian company whose arrangements have already been tried and recommended to us by reliable sources. All the hotels are of excellent quality and we will be well looked after by our experienced tour driver.



Gangaikondacholapuram temple from the chola dynasty - a world heritage site

Some days will be all about travel and sightseeing. We will have english speaking guides at most of the temple and museum sites we visit.

During the tour and depending on the venue we will also start the day with some asana or meditation - according to what is needed by the group. We will have five days in Chettinad village staying at an Indian built and owned mansion. Whilst here there will be two yoga classes a day and the opportunity to relax and stay still for a while.

Date	Programme	Accomodation
4 - 7 Jan	Arrive Chennai - visit Mahabilpuram, Kanchipuram, morning yoga sessions on the beach	Ideal Beach Resort
8 - 9 Jan	Travel to Pondicherry	Kailash Beach Resort
10 - 14 Jan	Travel to Tanjore, visit Chidambaram Nataraja Temple, then Chola Temples around Tanjore, morning yoga sessions by the river	Ideal River View
15- 20 Jan	Travel to Chettinad, Rest and recuperate with yoga and meditation at Chettinad Mansion, swimming pool, and optional outings	Chettinad Mansion
21- 22 Jan	Travel to Madurai, full day sightseeing in Madurai and visit to the Meenakshi Temple for night ceremony	Fortune Pandyan
23 -24 Jan	By train from Madurai to Chennai - day of sightseeing in Chennai before leaving on 25 Jan	Ambica Empire

Costs

The cost for the three week tour is £1,560. This excludes flights which at September 2008 prices are around £500. It will not be possible to get accurate flight costs or book them until Feb 2009. If you wish to have a single room for the whole tour the supplement is £430. You will need approximately £10 a day to cover your lunch and dinner. How much for shopping? How long is a piece of string?

Tour Cost Includes

- * 21 Nights accommodation at hotels
- * Accommodation as double room on Twin sharing basis
- * Breakfast at all the hotels
- * Local English Speaking Guide at Chennai, Kanchipuram, Mahabalipuram, Chidambaram, Tanjore, Trichy and Madurai
- * Entrance fees at the monuments
- * Mineral water throughout the tour on the vehicle
- * Ac Chair Car train fare from Madurai to Chennai
- * Air Conditioned mini coach (18 seater) for all transfers and sightseeing
- * All expenses related to the transport is inclusive of fuel, toll and parking
- * All Applicable taxes
- * All Yoga Tuition

Tour Cost does not include

- * Lunch and dinner at the hotels
- * Personal expenses like telephone, laundry and Tips
- * Flight Fare & Visa

How to Pay

We are publicising this trip as early as possible to give you time to think about coming and also to assemble the funds. We will be taking deposits for the trip. The initial



Gardens at the Ideal River View hotel

deposit is £200 per person and we need to receive this by Feb 28 2009. We are also offering the option for you to pay the balance of £1360 in advance by standing order, so for example if you book 13 months in advance you can pay £105 per month over 12 months. Final payment is due by the beginning of December 2009. Payments will need to be worked out with the Inner Yoga Trust Administrator.

Booking Form - South Indian Tour with Yoga 4 - 25 January 2010

Name

Address

Telephone

Email

I would like to book staying in a twin room at a cost of £1560

I would like a single room at a cost of £1990

I enclose a cheque payable to the 'Inner Yoga Trust' for £200 as the deposit for this holiday. I understand that once the deposit is paid it will only be refundable until 28 Feb 2009. I will obtain travel insurance at the time of booking this holiday to cover me in should I need to cancel my holiday for any reason. I understand that in the event of cancellation I will have to pay whatever fees are due at the time of cancellation.

SignatureDate

I plan to set up a standing order to pay the balance by December 1 2009.
Please contact me to arrange the sums payable.

I will pay the balance in full by December 1 2009.

I would like a receipt for the deposit please

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