

Ashram-To-Ashram Retreat – February 2019



Itinerary: Feb 12th to Feb 26th 2019

Day 1, Feb 12th, Tuesday: Arrive Chennai airport – Overnight in Chennai

Day 2-3, Feb 13, 14 Wednesday and Thursday: Spend the day in Chennai and Fly out to Madurai.

Day 4 - Day 7, Feb 15 to 18th Friday to Monday: Sivananda Madurai Ashram (<http://sivananda.org.in/madurai/>)

Day 8, Feb 19th Tuesday: Travel from Madurai to Kodaikanal

Day 8 to 10, Feb 19th to 21st Tuesday to Thursday: Stay in Kodaikanal (<https://en.wikipedia.org/wiki/Kodaikanal>)

Day 11, Feb 22nd, Friday: Travel to Pondicherry

Day 11, 12, 13, Feb 22nd to Feb 24th, Friday to Sunday: Visit the Ananda Ashram and Auroville (<http://www icyer.com/>) (<https://www.auroville.org/>)

Day 14: Feb 25th, Monday: Travel to Chennai

Day 15: Feb 26th, Tuesday: Fly out to the US from Chennai



About the Organizers:

Shumit Vatsal

Shumit is a yoga teacher in Seattle and was born in the small town of Salem in South India in a family where bakthi and karma yoga was practiced regularly. Shumit formally got certified as a Yoga Siromani “Jewel on a crown of yoga” at the International Sivananda yoga ashram in India.

Sarvesh Naagari

Sarvesh is the owner of Ripple Yoga in Seattle, WA. Sarvesh studied and completed the 2,000 hour 6-month intensive teacher training program from Ananda Ashram in Pondicherry, India under the guidance of Yogacharya Dr. Ananda Balayogi Bhavanani and Yogacharini Meenakshi Devi Bhavanani. The teachings of Rishiculture Yoga are based on the Yoga Sutras of Maharishi Patanjali and the Northern Brighu and Southern Saiva Siddantha Yoga traditions of Swamiji Gitananda Giri.

Cost - \$3000

If you are enrolled in the Ripple Yoga 2019 Teacher Training or would like to enroll, the cost of this trip is **\$1,250** not including the flight to India. www.ripple yoga.com/tt

This includes quality vegetarian sattvic food, stay and domestic travel - buses and flights. Also includes costs for yoga classes, meditation lessons, kirtans in the ashram. Cost does not include your flight tickets from the US to India

We will try to stick to the schedule as closely as possible and also stay flexible to take in the uncertainties.

Reach out to shumit.vatsal@gmail.com or gary@ripple yoga.com or leave a message at 269-281-6586