



Santhosham I

indian yoga tour

Package

✓Yoga courses

- 3 day MahaSri Yoga Course
- 2 day Divine Healing course
- 1 day Pyramid meditation

✓Outdoor & Indian Culture

- Pongal Festival
- Mountain Climbing
- Trip to Madurai Meenakshi Amman temple
- Chennai Day out

✓Travel Costs

- Roundtrip Flight Chennai - Coimbatore
- Roundtrip Taxi Coimbatore - Ashram
- Roundtrip Taxi Ashram – Madurai

✓Food & Accommodation Included

- Ashram , Madurai, Chennai

✓Yoga White Indian Dress – 3 sets

Cost – 1200 €

Registration until Dec 7 2011

Contact : Vijay Radhakrishnan

Handy : 0176 5537 3067

duvijan@gmail.com

www.upfeurope.org

register in website , email or Handy

GnanaPeedam - Pyramid



Yoga



Accommodation



Schedule

Jan 2 3	Qatar Airways Flight from Munich
Jan 4 5 6	3 Day MahaSri Yoga Course (Kundalini Initiations given)
Jan 7	1 day Pyramid meditation
Jan 8	Closing day function & Blessings from Guru
Jan 9 10	2 Day "Divine HEALING" Course
Jan 11	1 Day Mountain climbing
Jan 12 13	Trip to Madurai Meenakshi Amman temple
Jan 14 15	Pongal Festival and Indian Village
Jan 16	Return to Chennai and Day out
Jan 17	Flight from Chennai to Munich*

* People can stay longer in Chennai on their own expense

Pongal & Indian Culture



Madurai



Nature and Mountains



➤Munich – Chennai Round Trip – Qatar Airways Flight costs 660 Euros (as of 08.11.11) has to be booked individually. Schedule will be given for booking.

➤ Indian Visa needs to be done by individual

➤ Unspent Money will be returned at the end of trip