

FROM INDIA WITH LOVE

Reimagine Leadership Purpose & Impact



“If the whole world is a home, India has always been the prayer room for reflection and inner transformation.”

*A*s leaders, our decisions matter. By taking the time for reflection, wise leaders create space to recalibrate their purpose with new perspectives, insights and opportunities.

You are invited to join our upcoming sojourn that will provide you with new tools, wisdom, and a deeply life-enriching experience as we travel across India with fellow leaders and changemakers.

Highlights of Your Transformative Journey Through India

Spiritual Exploration

Engage in daily yoga, meditation, and pranayama practices at renowned spiritual centers, temples, and ashrams.

Cultural Immersion

Experience India's vibrant heritage through traditional music, dance, and art forms.

Historical Significance

Visit iconic landmarks and monuments that tell the story of India's rich and diverse history.

Community Connection

Participate in local traditions, and community service activities, fostering a deep connection with Indian culture.

Natural Beauty

Discover the serene beauty of India's landscapes, from tranquil lakes to majestic mountains and peaceful backwaters.

Personal Growth

Reflect and rejuvenate through introspective practices and wellness treatments, designed to nurture your body, mind, and soul.

PRICE : \$6000

Discounted pricing: \$5000 per person if signing with another colleague

Cancellation Policy

100%: 60+ Days Prior to Arrival | 50%: 30+ Days Prior to Arrival | 0%: Within 30 Days of Arrival

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DEC

19

Arrival in Chennai

DEC

20-21

Exploring Chennai

DEC

22

Exploring Thiruvannamalai

DEC

23-24

Exploring Pondicherry

DEC

25-26

Exploring Thanjavur

DEC

27

Travel to Bengaluru

DEC

28-30

Exploring Bengaluru
& Mysore

DEC

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Return home

Included:

Hotel accommodation during the entire journey, three meals per day (breakfast, lunch, dinner), all internal travel as well as transportation upon arrival in Chennai and drop off to airport during return trip.

Not included:

Travel and international health insurance, snacks during the day, shopping, tipping, trips outside of planned itinerary including spa and ayurveda treatments, adventure sports, etc.

During the journey, participants are exposed to daily yoga, pranayama, Sudarshan Kriya™ meditation practices as part of their inner development. These 'evidence based' practices help build resilience, improve mental wellness and build leadership and innovation capacity.



Itinerary

Day 1 Arrival in Chennai

- Meditate on Marina Beach, one of the longest urban beaches in the world, and take a peaceful walk along the shoreline.
- Visit Arulmigu Thiruvallikeni Parthasarathy Temple.

Day 2 Exploring Chennai

- Explore Kapaleeshwarar Temple, a significant Hindu temple with vibrant architecture and spiritual ambiance.
- Visit St. Thomas Mount, a revered Christian site where St. Thomas, one of Jesus' apostles, is believed to have been martyred.

Day 3 Exploring Chennai

- Take the Georgetown heritage walking tour about the founding of Chennai

Day 4 Exploring Tiruvannamalai

- Visit the Arunachaleswarar Temple, one of the largest Shiva temples in India, located at the base of Arunachala Hill.
- Visit Ramana Maharshi Ashram, dedicated to the revered Indian sage Ramana Maharshi.



Itinerary

Day 5 Explore Pondicherry

- Visit Sri Aurobindo Ashram, a spiritual community dedicated to the teachings of Sri Aurobindo and The Mother.
- Explore Auroville, an international township focusing on human unity, and visit the Matrimandir, a symbol of peace and meditation.



Day 6 Explore Pondicherry

- Stroll through the French Quarter, enjoying the unique colonial architecture and serenity.
- Relax at Promenade Beach for a tranquil coastal experience.



Day 7 Explore Thanjavur

- Visit the Brihadeeswarar Temple, a UNESCO World Heritage Site.
- Explore Thanjavur Maratha Palace, with its unique architecture and museum.



Day 8 Explore Thanjavur

- Experience a Tanjore painting workshop, learning about this ancient traditional art.
- Explore local markets and enjoy the vibrant atmosphere of Thanjavur.



Itinerary

Day 9 Travel to Bengaluru

Day 10 Explore Bengaluru

- Experience the Art of Living International ashram, and learn Sahaj Samadhi meditation to deepen the journey within
- Experience warm oil ayurveda massage to rejuvenate body and mind



Day 11 Explore Bengaluru

- Visit Bangalore city tourist spots like Lotus temple, Vidhan Soudha, etc
- Experience local shopping, food and vibrant urban life



Day 12 Explore Mysore

- Visit the Mysore Palace, one of India's grandest palaces, to admire its stunning architecture and opulent interiors.
- Attend the evening illumination of the palace, when it's lit with thousands of lights, creating a mesmerizing sight.



Day 13 Return trip home

Photo by Rudra Narayan Infocore Agency

