

Your trip leaders

FRANÇOIS RAOULT is the founder and director of Open Sky Yoga Center in Rochester, NY. A certified lyengar instructor, he has traveled and studied extensively in India, including a six month pilgrimage in 1972. François has taught yoga since 1975 and conducts seminars and teacher trainings worldwide. Francois holds a master in Ethnomusicology and is certified in Gong and Laughing Yoga (!).

NATHALIE ALVAREZ is François's wife and co-creator of the Journey to India. A pioneer in the fields of massage and transpersonal therapy since 1981—Nathalie directs L'Ecole du Corps Conscience, based in Montpellier, France. Nathalie's work combines expression, symbolism, mandalas and color therapy. She cherishes a deep connection with Mother India.

"This trip was as greatly balanced as your yoga classes. Fantastic." —Laurence

"Thank you for an unforgettable trip. I feel like a volcano emerging in me—in an enlightened way." —Amanda

"It was a wonderful, creative, heartfelt experience."

—Janet

"Sincere gratitude for sharing Mother India."—Michael

"The India revealed by François and Nathalie was of cosmic dimension."—Joan



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Upen Sky Yoga presents Journey to INDIA

with François Raoult & Nathalie Alvarez

December 28, 2021 to January 11, 2022

Ioin us for an exceptional Yoga Journey to India

Itinerary

As students of yoga and life, going back to the Source and meeting

Mother India will be a blessing for our practice and teaching.

DECEMBER 28, 2020 Depart from US or Europe (Dec 29) to Kochi.

DECEMBER 30 Transfer by minibus from Kochi airport to Chamundi Hill Palace, Kerala.

DECEMBER 30 TO JANUARY 3 Three days of ayurveda, yoga and creativity at Chamundi. One daily ayurvedic treatment and supervision with resident ayurvedic physician Dr Sheela. Guided tour of spice garden with Jibu. Puja at local temple.

JANUARY 3 Depart for the great city of Madurai, stay at Royal Court Hotel, deluxe accommodations with two participants per room. Visit Meenakshi Temple and the famous Bazaar.

JANUARY 4 Depart for Thanjavur.

JANUARY 5-6 Explore Thanjavur. Visit of Temple and Palace and immersion in deep rural India.

JANUARY 7 Depart for Mahabalipuram. Lunch at Ramana Maharshi Ashram. Stay at Ideal Beach resort.

JANUARY 8-10 Explore Mahabalipuram. Visit the Shore Temple and the famous bas-relief, the descent of the Ganges. Visit Auroville near Pondichery. Optional swim in the Bay of Bengal.

JANUARY 11 Depart from Chennai International Airport and arrival in U.S or Europe.



www.openskyyoga.com



Logistics

COST \$3950 Kochi to Chamundi Hill Palace (not including airfare)
\$800 non-refundable deposit for Journey
Balance due June 1, 2021. No refunds after September

1, 2021 unless you find somebody to take your place. \$3950 fee includes all yoga sessions with François, all journaling sessions with Nathalie, art supplies, transportation on AC bus, all meals, hotels, Ayurvedic

massage, Kathakali performance, class excursions in Kerala natural areas, visits to sacred temples of Thanjavur, Madurai, Mahabalipuram and Auroville, transfer from Kochi to Chamundi.

Payable by check, credit card or bank transfer to Open Sky Yoga Inc. (info will be sent as requested)



FLIGHT ARRANGEMENTS For flights from US: we work with a travel agency specializing in Indian travel. For departures from other countries, contact your local travel agent. You need to arrive on the morning of the 30th in Kerala.

Information on immunizations, visa and travel insurance info will be sent after registration.

DOCUMENTS REQUIRED A Visa is needed for India. See Travista Outsourcing, http://indiavisa.travisaoutsourcing.com/

TRAVEL INSURANCE Suggested travel insurance: travelex.com or statravel.com

Send your check or charge to: Open Sky Yoga Center, 7 Arnold Park, Rochester, NY 14607 No refunds after September 1, 2020 unless you find somebody to take your place.

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☐ Enclosed is my check for \$, payable to Open Sky Yoga. <i>Indicate "Journey to India."</i>	
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