



Your trip leaders

FRANÇOIS RAOULT is the founder and director of Open Sky Yoga Center in Rochester, NY. A certified Iyengar 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. François 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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Open Sky Yoga *presents*

Journey to India



December 28, 2020 to January 11, 2021
and January 11 to 18, 2021

Enjoy a yoga, ayurveda and journaling retreat.
Cruise the back waters of Kerala. Explore mythical temples in Madurai, Thanjavur and Mahabalipuram, enjoy abhyanga and sirodhara at the secluded Chamundi Hill Palace.

*with François Raoult
and Nathalie Alvarez*



Join 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 Kondai Lip Heritage Resort, Kerala. Nested on the lake with luxuriant vegetations, most rooms have a view of the water. Kayaking, biking and walking to the nearby fishing village are options. Traditional keralan vegetarian cuisine often served on banana leaves.

DECEMBER 30 TO JANUARY 3 Three days of yoga and creativity at Kondai Lip Resort. This will be our base to explore the spectacular back waters by boat, participate to a puja. You will also receive a traditional ayurvedic treatment, and attend an authentic kathakali performance of the Mahabharata.

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.



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OPTION CHAMUNDI HILL PALACE *Only open to 14 participants.*

JANUARY 11 Early departure by AC bus. Dinner at Chamundi.

JANUARY 12 to 17 Week-long ayurveda, yoga and creative arts retreat. One daily ayurvedic treatment and supervision with resident ayurvedic physician Dr Sheela. Puja. Guided tour of spice garden with Jibu. Puja at local temple.

JANUARY 18 Early am flights back from Kochi international airport to US and Europe, Australia, etc....

Daily yoga sessions with François whenever possible, assisted by Open Sky Yoga teacher Tom Battley

Ongoing Creative Journaling (painting, collages, mandala, surprises) with Nathalie Alvarez



Logistics

COST \$3950 Kochi to Chennai

not including airfare

\$2350 Chamundi retreat by acceptance only

Include transport from Chennai to Chamundi by AC bus.

\$800 non-refundable deposit for Journey

\$500 non-refundable deposit for Chamundi

Balance due June 1, 2020.

\$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, Airport Shuttle Kochi-Aadithyaa resort.

\$2350 fee includes transfer to/from airports by bus, AC bus from Chennai to Chamundi Hill Palace, all accommodations, meals, daily ayurvedic massage, all yoga classes with François and creative journaling sessions with Nathalie, excursions at Chamundi Hill Palace.

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.

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.

Name _____ Occupation _____

Address _____

Phone _____ E-mail _____

☐ Visa ☐ MasterCard Name on card _____

Credit card number _____ Expiration date _____

Verification Code (three-digit number on back of card) _____

Amount charged on card \$ _____

☐ Enclosed is my check for \$ _____, payable to Open Sky Yoga. Indicate "Journey to India."

☐ \$3950 Kochi to Chennai ☐ \$2350 Chamundi Retreat ☐ \$5900 both segments (\$400 discount)

