



NATHALIE ALVAREZ
is François's partner in life and co-creator of the Journey to India. A pioneer in the fields of massage and trans-personal therapy since 1981—Nathalie directed L'Ecole du Corps Conscience, based in Montpellier, France. Nathalie's work combines expression, symbolism, mandalas and color therapy.

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



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Open Sky Yoga Presents *Journey to*

INDIA

with François Raoult & Nathalie Alvarez

December 27, 2023 to January 11, 2024

Join us for an exceptional Yoga Journey to India.

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

Mother India will be a blessing for our practice and teaching

Itinerary

DECEMBER 27, 2023 Depart from US or Europe (Dec 28) to Kochi.

DECEMBER 29 Transfer by minibus or taxi from Kochi airport to Chamundi Hill Palace, Kerala.

DECEMBER 30 to JANUARY 3 Ayurveda, Yoga and creativity at Chamundi. Daily ayurvedic treatments/massages and supervision with resident ayurvedic physician Dr. Sheela. Guided tour of spice garden with Jibu. Puja at local temple. House boat tour on the Backwaters.

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

JANUARY 5-6 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.



Logistics

COST \$4250
(not including airfare)

\$800 non-refundable deposit
for Journey

Balance due June 1, 2023.
No refunds after September 1,
2023 unless you find somebody
to take your place.

\$4250 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 and class, houseboat excursion on the backwaters of Kerala, visits to sacred temples of Thanjavur, Madurai, Mahabalipuram and Auroville, transfer from Kochi to Chamundi.

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 29th 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



Register online at
www.openskyyoga.com