



## Your trip leaders

**FRANÇOIS RAOULT MA, ERYT,**  
Founder 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 worldwide. François holds a master in Ethnomusicology and is certified in Gong and Laughing Yoga (!)

**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.

"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*



7 Arnold Park  
Rochester, NY 14607  
[www.openskyyoga.com](http://www.openskyyoga.com)  
[yogawave108@gmail.com](mailto:yogawave108@gmail.com)



Open Sky Yoga Presents *Journey to*

# INDIA

with François Raoul & Nathalie Alvarez

December 27, 2026 to January 11, 2027

# 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, 2026** 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, 2027** 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** \$4650  
(not including airfare)

**\$800** non-refundable deposit  
for Journey

Balance due June 1, 2026.  
No refunds after September 1,  
2026 unless you find somebody  
to take your place.

**\$4650** fee includes all yoga sessions with François, all journaling sessions with Nathalie, art supplies, transportation on AC bus, all meals, resorts (double room accommodation), 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.travistaoutsourcing.com/>

**TRAVEL INSURANCE** Suggested travel insurance: [travelex.com](http://travelex.com) or [statravel.com](http://statravel.com)



Register online at  
[www.openskyyoga.com](http://www.openskyyoga.com)