

Lotus Destination Management Company

2019–2021 Tour Series



Journey to the Center of Healing, Wellness & Rejuvenation



Designed as a 10-day experience, this tour includes the following highlights:

- ▶ **Wellness consultation upon arrival**
- ▶ **3 nights at the Shreyas Retreat in Bangalore, recognized as one of the world's top yoga retreats**
- ▶ **3 nights at the Dune Eco Village & Spa in Puducherry, featuring Deepak Chopra's Healing Center**
- ▶ **Overnights in Puducherry, Mahabalipuram, and Chennai to explore the local sites**
- ▶ **Personalized yoga, meditation, and Ayurveda instructional sessions conducted by highly trained yoga instructors**

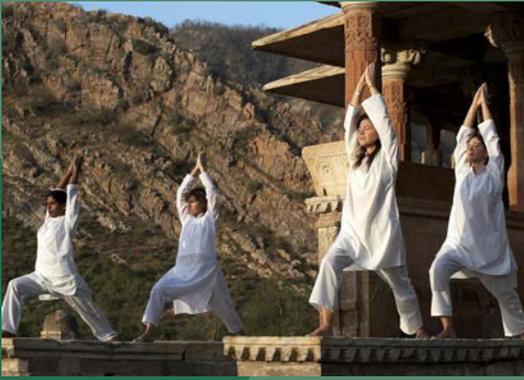
Yoga in India: A Way of Life

Derived from the Sanskrit word “yuj,” yoga defines a state of being at the intersection of individual consciousness or soul with the universe. This 5,000-year-old body of knowledge is at the foundation of some of the world's most authentic health and wellness experiences.

We invite travelers to join us for this 10-day tour to India that allows each individual to explore the healing arts in their purest form. Guests can schedule individual yoga and meditation sessions with trained specialists. Additionally, they can explore the world of Ayurvedic medicine—one of the oldest and most powerful approaches to achieving a balance of mind, body, and spirit. Specialists will be available to guide each individual in achieving a personalized approach to diet, rest, and a connection with nature.

Always part of the Lotus experience, we ensure that each tour gives travelers sufficient access to local cultural, historical, social, architectural and spiritual highlights.





“Feel good, be good, do good.”

~Yogi Bhajan, Guru of Kundalini Yoga

The ancient healing art of yoga has become an important part of the health and wellness regimen of people worldwide. In a 2016 study conducted by the Yoga Alliance and *Yoga Journal*, researchers found that the number of Americans who are including yoga as part of their wellness routine has increased 50% since 2012. **So, take a deep cleansing breath and let us take you to the land where it all began.**

Let us take you to where it all began.

■ DAY 1

Upon arrival in Bangalore, guests will be transferred to the **Shreyas Yoga Retreat**.

Shreyas, a boutique luxury resort and ashram, sits on more than 25 acres of lush, organic gardens and ponds, providing a serene and beautiful landscape for healing, meditation, personal care, and learning.

■ DAYS 2-3

Guests continue their stay at the **Shreyas Yoga Retreat**.

Upon the recommendation of a trained yoga instructor, guests will experience two full days of activities designed to restore the balance of the mind, body, and spirit relationship. These include yoga, Panchakarma, Ayurveda rejuvenation, detoxification, and culinary instruction. The Anaha Spa provides a number of wellness treatments and services. Guests will enjoy the nourishing, organic vegetarian meals prepared to detoxify and heal the body.

■ DAY 4

Guests will transfer to the airport for the flight to Chennai. Upon arrival in Chennai, they will be driven to Puducherry where they will check

in at the **Dune Eco Village** and **Chopra Healing Center**.

Described as “not just a hotel, but a way of life,” Dune Eco Village is an eco-friendly beach resort covering 35 acres of rich gardens and untouched nature.

In 2016, Deepak Chopra, a world-renowned pioneer in integrative medicine and personal transformation, opened the Chopra Healing Center at the Dune Eco Village. Built on the three pillars of timeless wisdom (meditation, yoga, and Ayurveda), the center offers guests programs and treatments to improve overall well-being.

■ DAYS 5-6

Guests continue their stay at the **Dune Eco Village**.

■ DAYS 7-9

Guests will spend three full days visiting a number of temples, ashrams, churches, museums, and other cultural, historical, and spiritual sites in **Puducherry, Mahabalipuram, and Chennai**.

■ DAY 10

Guests transfer to the Chennai airport for their return flight.

Lotus Destinations Pvt. Ltd.

U.S. Office: Loretta Pinto

914.751.2319 Phone | loretta@lotusdmc.com | www.lotusdmcusa.com

India Office:

HIG 34, 10th Cross Road | Panampilly Nagar, Cochin, India 682036

+91 484 4127111 Phone | www.lotusdmc.com | info@lotusdmc.com

