

# Pondicherry India | Yoga

10 days / 9 nights | 13 to 22 September 2020



*In Pondicherry, more than 100 years ago, the Indian philosopher, guru and poet Sri Aurobindo developed a spiritual practice he called Integral Yoga.*

***Return to the source with this handcrafted yoga wellness tour.***

*Liz and Lisa will guide you through yoga, meditation and Ayurveda in a beautiful location, while enjoying the food and culture of this unique area.*

*Pondicherry is known for combining remnants of French heritage with Indian culture and we will visit both a yoga ashram and the famed utopian community of Auroville.*

*Join us on our journey to India: a journey, through the senses, to the soul.*

**Liz Cosier**  
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## Your escorts

**Liz Cosier** has been in the travel industry for over 20 years and has a wealth of knowledge & expertise. Her specialty is designing and escorting tours for small groups and individuals to exotic locations worldwide, Liz has been design-ing and escorting yoga wellness tours for 10 years and they have developed a loyal following.

**Lisa Turner** international yoga teacher & senior registered teacher with Yoga Australia has taught yoga for 15 years and together with Liz has for 10 years escorted yoga wellness tours to India & many other locations around the world together they offer you an unforgettable experience.

## Itinerary at a glance | 10 days. 9 nights

### DAY 1: Sun 13 Sep: Chennai

Arrive at Chennai International airport and transfer to the Taj Connemara -1 night. B, D



### DAY 2: Mon 14 Sep: Chennai - Pondicherry

Check out after breakfast.

Transfer to Pondicherry

Le Pondy Resort - 5 nights. B, L, D

### DAY 3: Tue 15 Sep: Pondicherry

Yoga and breakfast.

Visit to Aurobindo Ashram and Auroville

### DAY 4-6: Wed 16 to Fri 18 Sep - Pondicherry

Morning Yoga session followed by breakfast.

Resort has Ayurveda treatments

### DAY 7- 8: Sat 19 to Sun 20 Sep - Pondicherry

After breakfast at Le Pondy we check out and move to the city.

CGH resort, Palais De Mahe. -2 nights BLD

### DAY 9: Mon 21 Sep - Pondicherry - Chennai

After Yoga , Breakfast and last minute shopping, we transfer to Chennai

Overnight Taj Connemara BD

### DAY 10: Tue 22 Sep

Final day relaxing before we transfer to the Chennai International Airport for your flight home



Tour ends

## INCLUSIONS

- 9 nights accommodation in hotels as specified
- Meals as per itinerary
- All transfers in mini air-conditioned bus
- All sightseeing activities, incl. entrance fees & local guides
- Fully escorted
- For further information, terms & conditions, please visit website at [www.jhtours.com.au](http://www.jhtours.com.au)

## TOUR PRICE - LAND ONLY 10days /9 nights

\$ 2,995 per person twin share

\$ 3,690 solo traveller

## EXCLUSIONS

- Airfares & taxes
- Anything of a personal nature
- Tours or activities outside the published itinerary
- Travel insurance
- Passport, visa fees & departure taxes
- Excess baggage
- Transfers outside the group transfers

## IMPORTANT NOTES

Prices are calculated on the basis of currently applicable tariffs. In the event of any change, our prices will be subject to change. Please refer to our terms and conditions at [www.jhtours.com.au](http://www.jhtours.com.au)