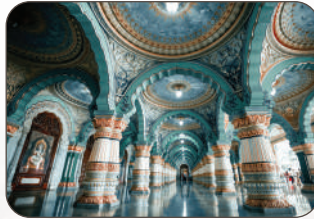


THE HEART OF ASHTANGA YOGA

JOURNEY THROUGH INDIA WITH ANUP
18 – 25 November 2024 (8D7N)



Embark on an immersive 8D7N journey with Anup, exploring the heartland of Ashtanga yoga.

Begin in Coorg with morning yoga sessions and explorations of Madikeri Fort and Abbey Falls. Transit to Mysore, with visits to the Ashtanga Institute, Namdroling Monastery and Mysore Palace. Be enriched in Bangalore by its transformative blend of yoga practice and cultural discovery amidst Karnataka's scenic beauty and rich heritage.

Slots are limited so reserve yours quick!

DATES:

18 – 25 NOVEMBER 2024

PACKAGE INCLUDES:

- 7N accommodation
- Daily breakfast
- Daily curated yoga sessions
- Rental of studio for yoga practice
- Group charter buses and group tour arrangements to selected sites



ABOUT THE ACCOMMODATION

THE WINDFLOWER RESORT, COORG

Nestled amidst lush coffee plantations, The Windflower Resort in Coorg offers serene luxury with spacious villas and cottages, complemented by rejuvenating spa treatments and outdoor activities in the tranquil Western Ghats.

THE WINDFLOWER RESORT, MYSORE

Set against the backdrop of the Chamundi Hills, The Windflower Resort in Mysore combines modern comforts with traditional charm. Guests can unwind in elegantly designed rooms, enjoy Ayurvedic therapies, and explore nearby cultural landmarks like Mysore Palace.

ROYAL ORCHID CENTRAL, BANGALORE

Located in the heart of Bangalore's business district, Royal Orchid Central offers contemporary elegance with stylish rooms, a rooftop swimming pool, and fine dining options showcasing local and international cuisine, perfect for both business and leisure travelers.

TENTATIVE SCHEDULE

18-25 November (8D7N)

Day 1 : 18th November (Monday)

- 06:30AM - Group meet-up at Changi Airport, Singapore
- 07:00AM - Check-in and board flight to Bangalore
- 10:40AM - Arrival at Bangalore Airport
- Group transfer via coach to Coorg
- Check-in to The Windflower Resort, Coorg
- Yoga class and group discussion
- Dinner at the hotel

Day 2 : 19th November (Tuesday)

- Morning yoga session
- Breakfast at the hotel
- Group city tour of Coorg, visit to Madikeri Fort and Raja Seat
- Group tour of Abbey Falls
- Return to hotel
- Evening yoga workshop
- Dinner at the hotel

- Day 3 : 20th November (Wednesday)**
- Morning yoga session
 - Breakfast at the hotel
 - Group tours to Dubare Elephant Camp and local markets
 - Return to hotel to unwind before evening yoga workshop
 - Dinner at the hotel

- Day 4 : 21st November (Thursday)**
- Morning yoga session
 - Breakfast at the hotel
 - Check-out of hotel and leave for Mysore via coach
 - Group tour of Namdroling Monastery in Bylakuppe
 - Check-in to The Windflower Resort, Mysore
 - Dinner at the hotel

- Day 5 : 22nd November (Friday)**
- Morning yoga session
 - Breakfast at the hotel
 - Group visit to Ashtanga Institute* and Shala
 - Group visit to the holy Kaveri River with photo-taking
 - Return to hotel for dinner

**Access to the institute premises is subject to entry conditions on the day and may not be guaranteed*

- Day 6 : 23rd November (Saturday)**
- Morning yoga session
 - Breakfast at the hotel
 - Group visit to Mysore Palace
 - Group visit to the local markets famous for jasmine, incense, sandalwood products, and handicrafts
 - Return to hotel for dinner

- Day 7 : 24th November (Sunday)**
- Morning yoga session
 - Breakfast at the hotel
 - Check-out of hotel and leave for Bangalore via coach
 - Check-in to Royal Orchid Central, Bangalore
 - Free and easy
 - Return to hotel for dinner

- Day 8 : 25th November (Monday)**
- Early breakfast at the hotel
 - Check-out of hotel and leave for Bangalore Airport via coach
 - 09:45AM - Check-in and board returning flight to Singapore
 - 07:05PM - Arrival in Singapore

PACKAGE PRICES (PER PAX)

(NOT INCLUSIVE OF AIRFARE)

First 6 Sign-ups	S\$2,600.00
Early Bird (till 7 Oct)	S\$2,650.00
Regular Price (from 8 Oct)	S\$2,800.00

Prices are for Double Occupancy sharing room.

For Single Occupancy rates, please contact events@yogaedition.sg

RECOMMENDED FLIGHTS

SINGAPORE – BANGALORE (18 NOVEMBER, 08:55AM– 10:40AM):
SINGAPORE AIRLINES SQ 508

BANGALORE - SINGAPORE (25 NOVEMBER, 11:55AM - 7:05PM)
SINGAPORE AIRLINES SQ 509

**QUICK! SECURE YOUR SLOTS
VIA ONLINE RESERVATION TODAY!**

OR

EMAIL US AT
events@yogaedition.sg

For other enquiries, also drop us an email at
events@yogaedition.sg

