

**YOU ARE CORDIALLY INVITED TO JOIN  
LMU YOGA STUDIES  
ON A YOGA THERAPY EDUCATIONAL JOURNEY TO  
INDIA  
DECEMBER 8-22, 2023**



### **YOGA THERAPY EDUCATIONAL JOURNEY OVERVIEW**

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We would like to invite you to travel with us to India in December 2023 to explore and study Yoga Therapy. The tour will begin in South India, renowned for its welcoming people, lush scenery, delicious food and distinctive ancient temples. Here, we will visit the International Centre for Yoga Education and Research (ICYER) and the Institute for Salutogenesis and Complementary Medicine (ISCM) at the Mahatma Gandhi Medical College and Research Center in Pondicherry. ISCM and ICYER are known for their integration of Yoga and modern medicine in hospitals as well as for their extensive Yoga Therapy training programs, Carnatic Vocal Music and Classical Indian Dance. While in Pondicherry we will visit the experimental community of Auroville influenced by Sri Aurobindo. We will then fly to Pune in Western India where we will visit the headquarters of Kaivalyadhama (KDHAM). KDHAM is known for its scientific, philosophical and literary research of Yoga and offers courses in Yoga, Naturopathy and Ayurveda. Throughout the trip, we will visit ancient temples,

ashrams steeped in their spiritual culture, meditation cave, architectural marvels and much more. This tailor-made tour provides a unique educational and cultural experience.

LMU Yoga Studies is partnering with travel company Eastbound to offer this unique and comfortable educational opportunity.

### FACULTY

- Yogachemmal Dr. Lori Rubenstein Fazio is the Clinical Professor of Yoga and Health at Loyola Marymount University and the owner of Mosaic Physical Therapy in Los Angeles. She has led this journey to India since 2017.
- Dr. Deanna Cooke is the Director of Engaged Learning at the Bellarmine College of Liberal Arts at Loyola Marymount University and has led study abroad trips all over the world.

**THREE PRE-DEPARTURE ONLINE CLASS MEETINGS ARE SCHEDULED** -To-get the most out of this journey, Lori and Deanna will host Zoom class sessions covering all you need to know prior to the trip. Classes will include orientation to the lineages of Yoga in which we will study, cultural dos and don'ts for our trip to India, travel and health tips and more. You will be provided with additional Yoga Therapy educational and historical reading materials to enrichen your experience. There will plenty of time for questions to ensure you feel prepared to make the most of the trip.



## YOUR ITINERARY

Day 1/2 | Dec 8-9-2023 | Friday/Saturday  
(Depart December 8<sup>th</sup> for arrival December 10<sup>th</sup>)  
USA – Enroute India (Chennai)

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Your journey begins December 8<sup>th</sup> as you board your overnight flight to Chennai, arriving early morning on December 10<sup>th</sup>. International airfare not included.

Day 3 | Dec-10-2023 | Sunday  
Chennai - Arrival

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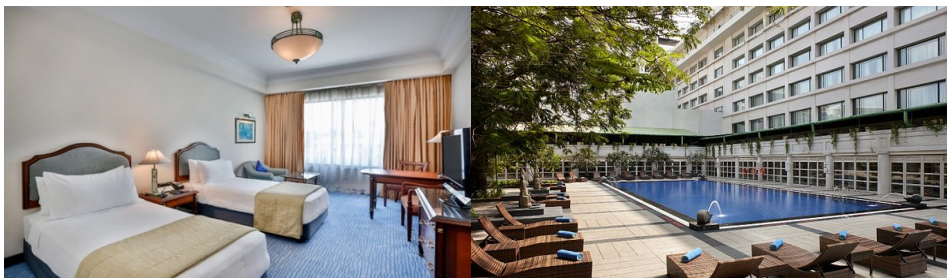
This day the group will arrive at **Madras International Meenambakkam Airport** commonly referred as Chennai International Airport.

Upon arrival proceed to Passport Control for immigration followed by baggage collection and clearing customs formalities.

At the arrival lounge, meet the Eastbound representative who will transfer you to hotel for check-in. Most flights arrive in the early morning hours so your room at the five-star Crowne Plaza Hotel will be available for immediate check-in on December 10<sup>th</sup>, 2023. Relax at this luxurious IHG hotel as you relax from the flight and adjust to Indian Standard Time. Enjoy a swim in the pool, work out in the gym, unwind with a spa treatment or explore the beauty of Chennai.

**Chennai** *‘formerly known as Madras’* is located in the southern part of India and capital city of state of Tamil Nadu. Formerly known as Madras, Chennai is the capital city of the state of Tamil Nadu, in the southern part of India. Located on the Coromandel coast of Bay of Bengal it is among the four metropolitan siblings of India, having a rich cultural history which it perfectly balances with its metropolis lifestyle. Chennai is worth visiting for its temples steeped in south-Indian culture, British-era museums and monuments, culinary delights, and Marina Beach (Second largest urban beach in the world).

Breakfast included. This evening you will enjoy a welcome dinner at your hotel.



Overnight: Chennai, [Crowne Plaza Chennai](#) (Deluxe room – Breakfast and Dinner)



Day 04 | Dec-11-2023 | Monday  
Chennai

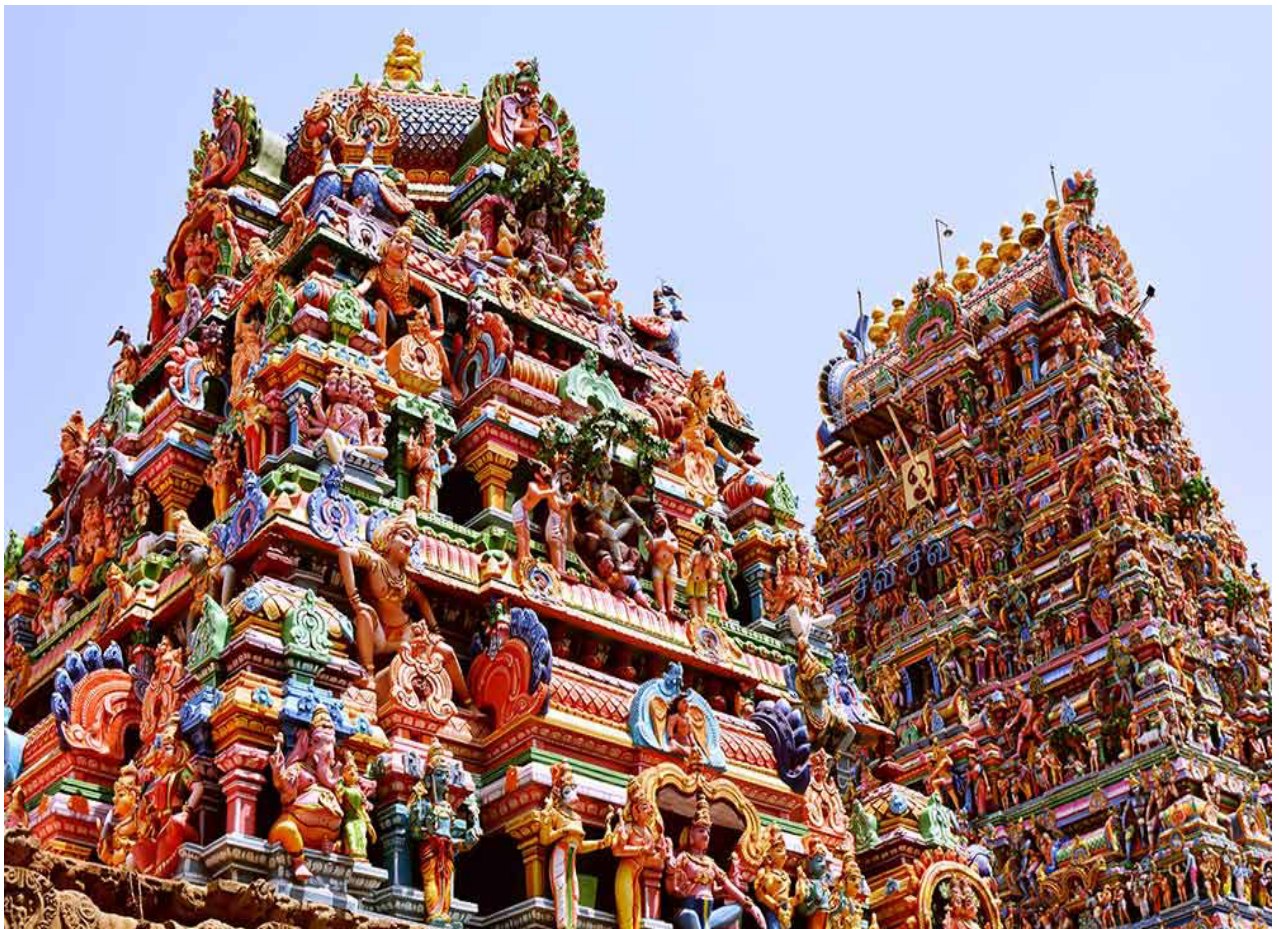
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Awake refreshed and enjoy breakfast at the hotel. The day is yours to enjoy at your leisure or pursue independent activities in Chennai.

**Optional – Three Hour Peacock tour of Chennai** (*Supplement applicable*)

Peacock trail – There are many stories hidden away in the mundane rituals of daily life. Walking through Chennai’s oldest district Mylapore can be a revelation of things past and present. The city dates back 2000 years and has kept alive many traditions and arts that Chennai is so well known for. Highlights of the walk include visit to **Kapaleeshwara Kovil** dedicated to Lord Shiva.

Lunch and dinner on your own.



**Overnight:** Chennai, Crowne Plaza (Deluxe room – Breakfast)

Day 05 | Dec-12-2023 | Tuesday  
Chennai - Puducherry

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Breakfast at the hotel.



Following breakfast, you will board a luxury coach for the scenic drive to Pondicherry (Puducherry). On the way we will visit the UNESCO World Heritage Site, Mamallapuram and enjoy lunch near this historic site. [88 Miles – 3 Hrs.]

**Mamallapuram** ‘formerly known as Mahabalipuram’. This famous UNESCO World Heritage site is home to ancient stone carvings and temples from the 6<sup>th</sup>-7<sup>th</sup> centuries. Marvel at the enormous depictions of the Mahabharata including Arjuna’s Penance, Krishna’s Butterball and the Five Chariots.

**Puducherry (Pondicherry)**, the French Riviera of the East, is where your journey truly begins. You’ll notice the colonial influence in the quaint heritage buildings, the grand, tree-lined avenues, churches, temples and statues.

*Quiet Healing Center is Auroville’s natural healing facility with superb views on the Indian Ocean. Located on quiet beach at about 6 Miles from the center of Auroville it is built up on beautiful 5-acre beachfront compound approximately. All 15 guest rooms are spacious, aesthetically pleasing, comfortably designed and meticulously maintained. Some offer dramatic sea views, while others look out on Quiet’s pleasant gardens. Quiet’s kitchen prepares delicious meals (all vegetarian), offered in a pleasant and friendly atmosphere. All meals are served buffet style.*

Gather tonight for discussion and orientation with Lori and Deanna followed by dinner at the guest house.



**Overnight:** Puducherry, Quiet Healing Center & Guest House (Guest room – Breakfast, lunch, dinner)

**Day 6 | Dec-13-2023 | Wednesday**

**Puducherry**

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Rise early for meditation and yoga in the Gitananda lineage of Yoga.

After breakfast at the guest house, you will be visiting the **Mahatma Gandhi Medical College and Research Institute** (A constituent college of Sri Balaji Vidyapeeth) to learn how Yoga Therapy is

utilized in the hospital setting. You will take tour of the hospital and partake in an International Yoga Therapy conference.

Vegetarian lunch will be served at the hospital.

**Overnight:** Puducherry, Quiet Healing Center & Guest House (Guest room – Breakfast, Lunch, Dinner)

**Day 7 | Dec-14-2023 | Thursday**

**Puducherry**

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Rise early for meditation and yoga in the Gitananda lineage of Yoga.

Breakfast at the Quiet Healing Center guest house.

**Following breakfast, the day will be spent at the Ananda Ashram, studying *Yoga Chikitsa* (Yoga Therapy) with Yogacharya Dr. Ananda Balayogi Bhavanani and his colleagues.**

Enjoy lunch as you socialize with the Gitananda Yoga Therapy staff and students.



**Overnight:** Puducherry, Quiet Healing Center & Guest House (Guest room – Breakfast & lunch)

**Day 8 | Dec-15-2023 | Friday**

**Puducherry**

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Rise early for meditation and yoga in the Gitananda lineage of Yoga.

Breakfast at the Quiet Healing Center guest house.

**Following breakfast, the day will be spent at the Ananda Ashram, deepening your study of *Yoga Chikitsa* (Yoga Therapy) with Yogacharya Dr. Ananda Balayogi Bhavanani and his colleagues.**

Enjoy lunch as you socialize with the Gitananda Yoga Therapy staff and students.

**Overnight:** Puducherry, Quiet Healing Center & Guest House (Guest room – Breakfast & lunch)

**Day 9 | Dec-16-2023 | Saturday**

**Puducherry**

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After breakfast, you will enjoy a guided tour of Auroville.

**Auroville's** purpose is to release human unity – in diversity. Its focal point is Matrimandir, a futuristic, spherical temple covered in gold discs. Auroville is also known for its important projects for women's empowerment, education and financial support. Auroville is also the most environmentally friendly town in India where its botanical gardens protect the regions tropical dry evergreen forest.



**Overnight:** Puducherry, Quiet Healing Center & Guest House (Guest room – Breakfast)

**Day 10 | Dec-17-2023 | Sunday**

**Puducherry**

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Breakfast at the guest house.

After a leisurely morning you will travel to the Sri Kambaliswami Madam for a puja ceremony to conclude your study in the Gitananda tradition.

**Sri Kambaliswami Madam** - The Samadhi of nine Gurus of the Gitananda lineage are laid to rest at Sri Kambaliswami Madam, an ancient Hindu holy site which is the spiritual base of the Gitananda tradition. Pujas and other cultural and religious festivals are held here.

Enjoy the delicious flavors of a Southern Indian Prasad lunch (blessed food).



Read about the Madam:

[http://www.icyer.com/documents/miscellaneous/History\\_kambaliswamy\\_madam2013.pdf](http://www.icyer.com/documents/miscellaneous/History_kambaliswamy_madam2013.pdf)

Spend the rest of the day exploring the French Quarter followed by a group dinner at one of the local restaurants.

**The French Quarter** of Puducherry has a rich history. The French East India Company set up a trading center in the 1600s and Puducherry has been inhabited by multiple colonial powers including Dutch, Portuguese, English, and predominantly French. The best way to soak in the French culture is to explore these streets on foot.



**Overnight:** Puducherry, Quiet Healing Center & Guest House (Guest room – Breakfast, lunch & dinner)

**Day 11 | Dec-18-2023 | Monday**

Puducherry – *drive to Chennai* – *flight to Pune* – drive to Lonavala

After breakfast you will be driven back to Chennai airport for your flight to Western region of India.

[92 Miles – 3 ½ Hrs.]

<b>Flight</b>	<i>(Indigo) 6E-183</i>
<b>Departs Chennai</b>	<b>14:45 Hrs.</b>
<b>Arrives Pune</b>	<b>16:25 Hrs.</b>
<b>Class of travel</b>	<b>Economy</b>

Upon arrival in Pune, you enjoy a three-hour luxury bus ride through the mountains to Kaivalyadhama in Lonavala.

[44 Miles – 3 Hrs.]

**Lonavala** is popularly called the “city of caves’ and the “Jewel of Sahyadri”. That is because the hill station boasts some of the most spectacular settings, including luxuriant green valleys, remarkable caves, serene lakes and stunning waterfalls. The spectacular rock cut Bhaja and Karla caves in Lonavala have been notable tourists with their old beams, motifs and inscriptions.

*Kaivalyadhama (KDHAM) is located in the serene and spectacular Sahayadri mountain ranges of Lonavala, in Western India. In the midst of a scenic lush-green landscape and pristine flora, Kaivalyadhama enjoys a soothing climate and pleasant weather all year. Kaivalyadhama is the first Yoga institute to proactively conduct scientific research for demonstrating the benefits and uses of Yoga.*



**Overnight:** Lonavala, Kaivalyadhama Yoga Institute (Room – Breakfast, boxed lunch, dinner)

**Day 12-14 | Dec-19-21, 2023 | Tuesday - Thursday**

### Lonavala

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The next three days will be a curated Yoga Therapy educational program at the Kaivalyadhama Ashram. Immerse yourself in their unique library, home to sacred Sanskrit texts and Yoga manuscripts, and study with world-renowned faculty. These three days will expand your understanding of applied Yoga Philosophy and Yoga Therapy and will deepen your practice. Walk in Swami Kuvalyananda’s footsteps as you hike to his meditation cave and marvel at the bird’s eye view. Nurture your mind and body with optional Ayurvedic and Naturopathic treatments (extra cost).

**Overnight:** Lonavala, Kaivalyadhama Yoga Institute (Room – Breakfast, Lunch & Dinner)



Day 15 | Dec-22, 2023 | Friday  
Lonavala – Mumbai & Depart

After breakfast and check-out, we will travel to the Karla caves, where you will journey up the mountain to explore these 1000+ year old magnificent Buddhist shrines.



**Karla Caves** are ancient Buddhist rock-cut caves and a famous tourist attraction. It is one of the oldest Buddhist cave shrines in India and one of the largest Chaityas (prayer hall with a stupa) in India. Karla Caves is mainly known for the Ekvira Temple located inside. It also houses a Buddhist monastery which is believed to have been built there around 2nd century BC. One has to climb almost 150 stairs to reach the cave.

Afterwards you will head to Chhatrapati Shivaji Maharaj International Airport Mumbai to take a flight back home. [68 Miles – 3 Hrs.]

Lunch at local restaurant on way to airport.





**Hotels**

Dates	Nights	City	Hotels
Dec 9 - 12, 2023	3	Chennai	<a href="#">Crown Plaza</a>
Dec 12 - 18, 2023	6	Puducherry	<a href="#">Quiet Healing Center &amp; Guest House</a>
Dec 18 – 22, 2023	4	Lonavala	<a href="#">Kaivalyadhama Yoga Institute</a>

**PAYMENTS, CANCELLATIONS, DEVIATIONS & CHANGES**

**Cost**

COST PER PERSON	DOUBLE OCCUPANCY	SINGLE OCCUPANCY**
Regular payment	\$3,480	\$3,980
\$150 Early full payment discount*	\$3,330	\$3,830
\$50 Discount for early commitment deposit*	\$3430	\$3,930

\*Please note that these two discounts **cannot** be combined, stipulations shared below

\*\*Limited availability

### Inclusions

- 13 nights' accommodation on Twin occupancy. Single supplement available on a limited basis and will be issued on a first serve basis.
- 13 Breakfasts, 10 Lunches and 8 dinners.
- Dec-10 (Day 3): Welcome dinner for the group will be at the hotel in Chennai.
- Dec-12 (Day 5): Lunch near Mahabalipuram). Group orientation followed by dinner at Quiet Healing Center.
- Dec-13 (Day 6): Dinner at local restaurant.
- Dec-17 (Day 10): Dinner at Villa Shanti in Puducherry.
- Dec-18 (Day 11): Boxed lunch.
- Dec-22 (Day 15): Lunch at local restaurant (Parsi Dhaba) near Karla Caves.
- Transfers and sightseeing will be through Luxury Coach (Mercedes / Volvo / Scania).
- Services of accompanying assistance for Chennai – Puducherry – Chennai + English-speaking local guides during tour of Mahabalipuram, Auroville and Karla Caves with all applicable entrances + service of an accompanying assistance for Pune – Lonavala – Mumbai.
- All the currently applicable taxes. Any change in tax, shall be forwarded to guests.
- Bottled water on Coach
- LMU Course Tuition
- Educational classes, electronic reading material
- Two LMU chaperones
- Gratuities
- Group transfer to Mumbai Airport

### Exclusions

- International airfare
- Passport and VISA fees
- Airport transfers outside of the scheduled group transfer
- Travel and medical insurance coverage
- Excess baggage fees
- Expense of personal nature such as laundry, and telephone/fax calls, alcoholic beverages, camera/video camera fee at monuments, medical expenses, and airport departure tax usually included in air fare etc.
- Additional meals

Note: Included meals offer vegetarian options. While vegan options are often available, please note that Indian vegetarian food typically contains dairy (ghee and or milk products) and some dishes include gluten.

### Discounts

**\$50 Discount for Early Commitment Deposit** - Register for the study tour and pay your \$500 Commitment Deposit by Aug. 15, 2023, and receive a \$50 discount. Please note: discount is applied

to the total bill after a \$500 Commitment Deposit is paid.

OR

**\$150 Early Full Payment Discount** - Pay in full by Aug. 15, 2023 and receive a \$150 discount.

*\*Please note that these two discounts **cannot** be combined.*

### Regarding Prices

All prices are based on this study tour having 18 enrolled participants. While every effort will be made to hold prices firm, prices are subject to change. You understand and acknowledge that the tour you are purchasing is subject to a supplemental price increase that may be imposed after the date of purchase should the number of enrolled participants fall below 18.

A \$500 non-refundable commitment deposit (or greater) is required to reserve your spot in this study tour. The \$500 counts toward the total price of the course and travel expenses and is only refundable should LMU decide not to run the course.

**Confirmation of Enrollment** - In order to reserve all accommodations at a reasonable rate, students will have to pay a 50% nonrefundable deposit on or before August 15, 2023 (Commitment Deposits count toward the 50% nonrefundable deposit).

- When 18 participants have signed up and paid at least 50% of the total cost of the study tour, LMU will send a Confirmation of Enrollment to each participant; this confirmation can take place at any point on or before August 15, 2023.
- The Confirmation of Enrollment will specify that from the next business day, 50% of the total cost of the study tour is nonrefundable.
- If on August 16, 2023 the number of participants who have signed up and paid at least 50% is below 18, either a supplemental increase in price will be charged so that the study tour can proceed or the study tour may be cancelled; if LMU cancels the trip, all monies will be refunded.
- If subsequent to collecting supplemental charges enrollment reaches 18 enrolled participants, supplemental charges will be refunded.
- Final payment of the remaining balance must be received by Sept. 30, 2023.
- CANCELLATIONS AND REFUNDS: beginning on the Confirmation of Enrollment date, 50% of the total cost of this study tour is nonrefundable. As of Sept. 30, 2023, no refunds are possible.

### General terms and conditions

#### Mandatory

- Complete passport details (Name as per passport, Gender, Date of birth, Passport number & Date of expiry) for issuance of flight tickets.
- Please refer to the Travel Essentials supplementary document.
- We recommend travel insurance. Travel insurance can provide financial reimbursement should the unexpected occur.