

South India Pilgrimage *Full Moon* *Sadhana*

“And then did Devi Draupadi speak:”

‘Om! I pledge on Goddess Parashakti.
The crimson blood of evil Duhshasana
And the blood of the most despicable Duryodhana must meet and mingle.
I will smear it on my hair and then
Wash it off with scented oils. Only then
Will I comb and braid my hair.

At this the celestial beings chanted, ‘Om!’
At this the sky rumbled and said ‘Om!’
At this a powerful quake rocked the earth,
A cyclonic wind buffeted the sky with dust.
The five great elements of nature affirmed
That the sole lord of the earth is Dharma alone.
And thus we have come to the end of our narration.
May the whole world live forever in great bliss.
– Subramania Bharati

Program Overview

** Schedule is subject to changes*

22nd Sept – Kushmanda

Kushmanda created the universe; her divine smile brings light into darkness

Covelong | Mahabalipuram | Auroville

- 08:00 Breakfast
- 09:30 Temple Meditation
- 10:30 Fire Ceremony at Samudra Shala
- 12:30 Transfer to Mahabalipuram – UNESCO Heritage Temples
- 14:00 Transfer to Auroville
- 16:00 Check-in & welcome tour
- 18:30 Dinner
- 19:30 Meditation

23th Sept – Skandamata

Shows motherly love & protective care, especially for families & children

Auroville

- 06:00 Meditation, Yoga & Pranayama
- 07:30 Breakfast
- 08:15 Matrimandir Temple (*Meditation Hall*)
- Bicycle Tour: visit the Pavilions
- 12:30 Lunch (we will provide restaurant options)
- Afternoon: Rest & Self Contemplation
- 15:30 Inner Harmony: A Journey Through Breath & Stillness
- 18:00 dinner
- 19:00 event to be confirm (Kirtan or Sound Healing)

24th Sept – Katyayani

Protects fiercely against evil and destroys negative energies

Auroville

- 06:00 Meditation, Yoga & Pranayama
- 07:30 Breakfast
- 10:00 Ayurveda Workshop & Ayurvedic Lunch (provided)
- 17:00 Free time (bike around auroville, rest...)
- 18:30 Dinner
- 19:00 temple pooja- prayer

25th Sept – Kalaratri

Fierce protector against evil, destroys negative energies

Auroville → Tiruvannamalai

- 06:00 Meditation, Yoga & Pranayama
- 07:30 Breakfast
- Free Time
- 9:30 Check-out & depart for Tiruvannamalai
- 11:00 Mailam Murugan temple
- 14:00 Check-in & Free Time
- 18:00 Dinner
- 19:00 Nada Yoga Nidra with swami Taponidhi

26th Sept – Mahagauri

Brings purity and peace

Tiruvannamalai

- 06:00 meditation
- 06:45 Asana & Pranayama
- 9:00 Sri Seshadri Swamigal Ashram
- 9:00 Ganga Ma satsang (Optional)
- 10:00 Breakfast
- Free Time: Rest & Reflect the night will be long (Read, pool, integrate...)
- 18:00 Dinner at the house
- 19:00 Full Moon Girivalam Pilgrimage – 14 km walk (Sacred Arunachala Path) aprox 4h
- Arunachaleswarar Temple & Unnamulai Amman

27th Sept – Siddhidatri

Leads to spiritual enlightenment and perfection

Tiruvannamalai

- Rest morning
- 9:00 Ganga Ma satsang
- 10:00 Breakfast
- 15:00 darshan Ramana Ashram
- 17:00 Asana & Pranayama
- 19:00 Dinner
- 20:00 Meditation

28th Oct – Navami

The day of completion, when devotion ripens into wholeness and the Goddess is honored in her full glory.

Tiruvannamalai

- 06:00 Satkarmas (Kriya Purification Techniques), Pranayama & Sunrise Morning Meditation
- 8:00 Visit Skandashramam & Virupaksha Cave – Meditation in Nature
- 10:00 Breakfast
- 11:00 Special workshop (To be confirm)
- 18:00 Dinner
- 20:00 Kirtan

29th Oct – Vijayadashami / Dussehra

The triumph of light over darkness, the victory of truth and dharma.

Tiruvanamalai

- 06:00 meditation
- 06:45 Asana & Pranayama
- 9:00 Ganga Ma satsang (*Optional*)
- Free Day: Shopping, local markets, spa, therapies, walk, cafes & restaurants
- 17:00 Ramana Ashram Pooja
- 19:00 Dinner together
- 19:45 Evening Meditation

30th Oct – Departure

Tiruvanamalai → Airport

- 06:00 meditation
- 06:45 Asana & Pranayama
- 08:00 Breakfast & Closing Circle
- 10:00 Taxi to Airport

Notes

- Breakfast & Dinners are included.
- Lunch recommended restaurants will be shared.

What to Bring

- Toiletries: soap, shampoo & toothpaste
- Drinking water bottle
- Slippers & torchlight
- Rainwear (just in case)
- Comfortable walking/yoga clothes
- **Modest clothing** for temple and ashram visits

“This ideal can be as yet only a little seed and the life that embodies it a small nucleus, but it is our fixed hope, that the seed will grow into a great tree and the nucleus be the heart of an ever-extending formation. It is with a confident trust in


the spirit that inspires us that we take our place among the standard-bearers of the new humanity that is struggling to be born amidst the chaos of a world in dissolution...”

– Sri Aurobindo


Contact

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