

ARE YOU READY TO EXPERIENCE THE SACRED ENERGY AWAKENED IN SOUTH INDIA, WHERE DEVOTION , WISDOM AND THE DIVINE COME ALIVE?

South India

FULL MOON SADHANA

9 Days spiritual Pilgrimage

SEPT 22nd - 30th 2026

TAMIL NADU - INDIA

DEVOTION | WISDOM | TRANSFORMATION | AWAKENING

SAMUDRA.YOGA | SAMUDRAYOGASPACE

WELCOME TO A JOURNEY OF DEVOTION, AWAKENING & TRANSFORMATION

It is a **retreat of the soul**. A sacred journey through temples pulsing with divine presence, ancient fire ceremonies that awaken transformation and landscapes infused with the wisdom of saints and sages.

For seven powerful days, you will walk the path of **Bhakti** (devotion) and **Jnana** (wisdom), guided by two deeply experienced spiritual teachers: Anand & Laura. Together, they will lead you through the mystical teachings, rituals and **practices that open the heart and deepen your connection to the divine**.

With Anand, you will experience these **sacred land not just as a visitor, but as a devotee**, connecting to the energy of the land through traditional prayers, mantras and initiatory rituals.

Together, we will lead you through this **sacred pilgrimage**, supporting your spiritual growth, guiding and helping you integrate the profound teachings you receive along the way.

Is This Journey Calling You?

This retreat is for the **true seeker**, one who longs to go beyond the surface of spirituality and **experience the divine in its purest, most transformative form**.

Are you ready to step into this sacred journey?

Anandan & Laura

www.Samudra.Yoga
[@samudrayogospace](https://www.instagram.com/samudrayogospace)

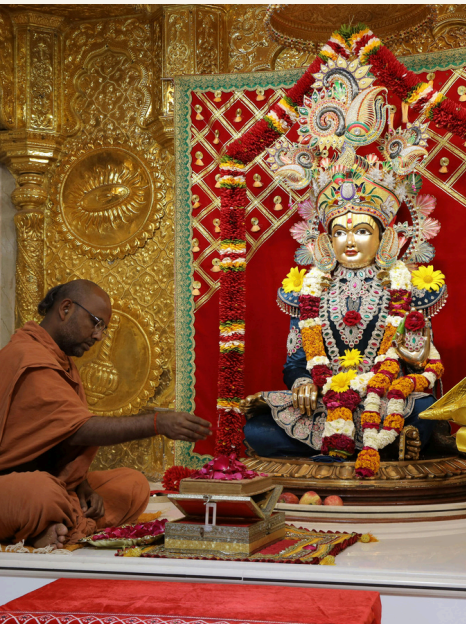
What awaits you:



PRESENCE



AWAKENING



DEVOTION

Feel the presence of the Divine as you visit ancient temples, surrender to fire rituals, and absorb the wisdom of yoga, mantra, and meditation. **Sit in deep stillness where sages have meditated for centuries**, and open your heart through devotional music, chanting, and sacred community. Immerse yourself in **the divine essence of South India**.

Auroville & Tiruvanalai



RETREAT



NATURE



INTEGRATION

We will embrace the beauty of simplicity and spiritual depth.
Auroville offers a serene, **eco-conscious retreat Lahe by Loka**,
Tiruvanamali will invite us to slow down and immerse in mindful presence at **Sangam House**



Temple Visits & Ashrams

We'll visit Sri Ramanasramam, the ashram of Sri Ramana Maharshi at the foot of Arunachala. It's a place of silence and self-inquiry "Who am I?" inviting us to turn inward, rest in presence and remember the peace that's always within.

Ayurveda & Sida Workshop

By Partvarya, Ayurvedic expert.

Learn the secrets of Ayurveda in a hands on workshop where you will **create your own natural cosmetics and healing remedies.**



Silent Meditation & Satsang

Engage in satsangs (spiritual gatherings), **exploring profound teachings on Vedanta, self-inquiry, and the path to liberation.**



Fire Rituals (Homa / Yagna)

Experience the ancient Vedic fire ceremonies, where offerings of ghee, herbs, and mantras are made into the sacred flames. These rituals are designed to **purify the mind, remove obstacles, and invoke divine blessings**, creating a powerful space for inner transformation.

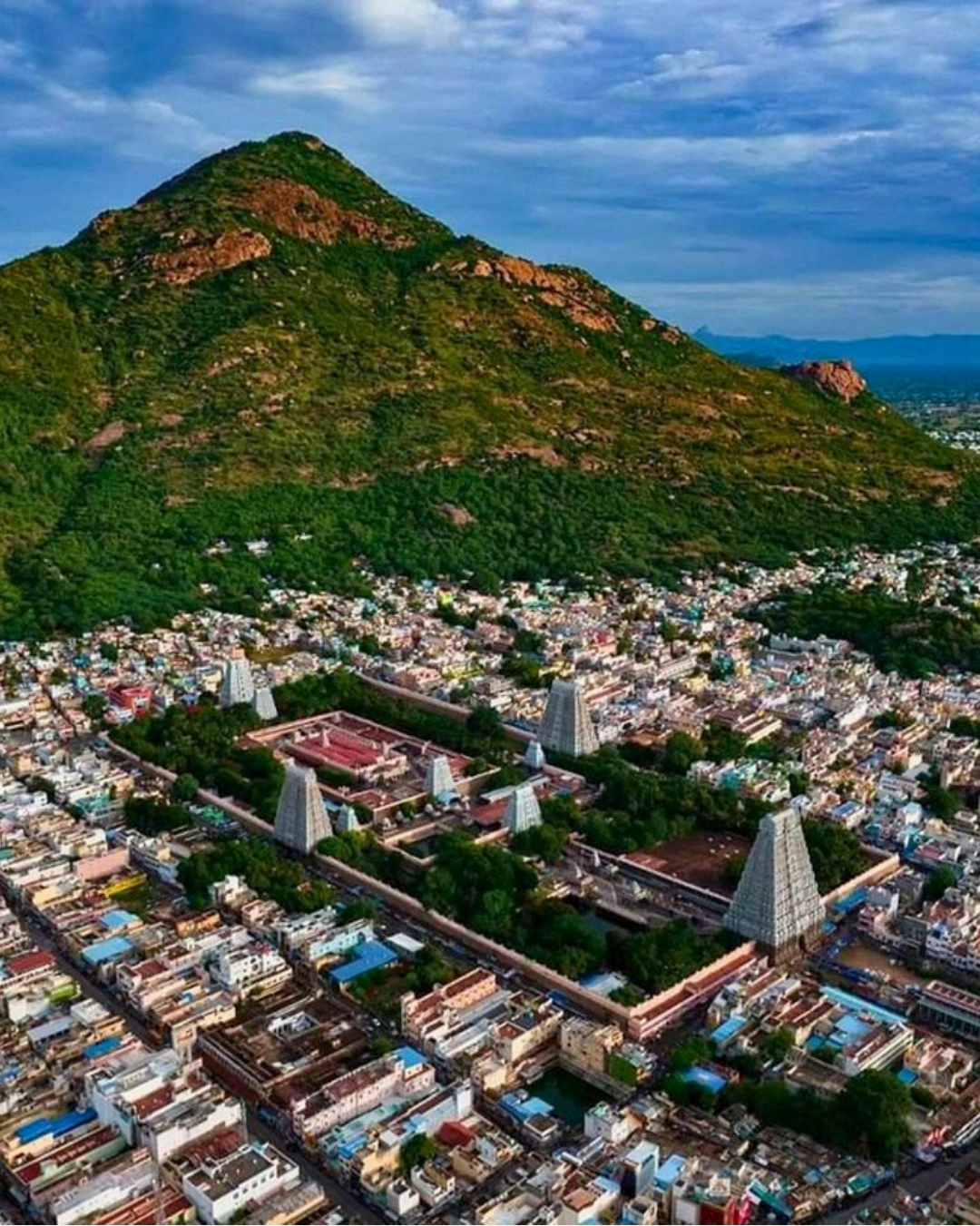
Devotional Music & Chanting (Bhajans/Kirtan)

The sound of **ancient Sanskrit mantras**, accompanied by traditional instruments, will open your heart, uplift your spirit, and deepen your connection to the divine.



Matrimandir - MEDITATION

Designed as a place for concentration, **it invites you to step beyond words, beliefs and distractions and simply be.** In the golden sphere at its center, bathed in natural light, many feel a powerful presence, an invitation to meet yourself beyond the surface.



Sacred Full Moon Walk Around Arunachala

A 14km walk around Arunachala, the sacred mountain revered as Shiva himself. During the full moon, thousands walk around the mountain in devotion, a powerful ritual said to burn away karmic layers and illuminate the soul.

Yoga, Mantra & Meditation

Practice yoga and meditation in the heart of India's spiritual landscape, absorbing the wisdom of **Bhakti** (devotion) and **Jnana** (self-inquiry). Through sacred mantras and guided meditation, you will deepen your spiritual practice and align your mind, body, and soul with the divine.



Why "a Pilgrimage in India"?

It is a sacred calling to step beyond the ordinary and immerse yourself in a **deeply transformative spiritual experience**. A retreat in India takes you to powerful energetic sites where devotion, wisdom and divine presence have been cultivated for centuries.

In the spiritual traditions of India, traveling to sacred places is a way to purify the mind, awaken inner devotion, and receive blessings that **accelerate one's personal and spiritual growth**. Temples and ashrams hold a vibrational energy that can shift consciousness and open the heart in profound ways.

Through this retreat, we are walking the path of devotion and wisdom, absorbing the essence of yoga, ayurveda, meditation and ritual in their most authentic form. It is an opportunity to step away from distractions, reconnect with your true self, and experience the divine in a living, tangible way.

Are you ready to step beyond the familiar and experience the divine in a way that transforms your heart, mind, and soul?



Anand, Spiritual Teacher & Guide from the Sacred Lands of South India

He is a devoted spiritual teacher and ritual guide who was born and raised in the very lands we will be journeying through. Having grown up surrounded by the temples, traditions, and philosophies of Vedanta, Bhakti Yoga, and Tantra, Anand carries the living essence of India's spiritual heritage. His deep rooted connection to these sacred places, his knowledge of the ancient Sanskrit chants, temple rituals, and yogic philosophy, and his personal devotion to the path make him the perfect guide for this transformative pilgrimage.

Laura, Spiritual Guide & Yoga Teacher

She is a dedicated yoga teacher, spiritual guide, and retreat leader who has spent years immersed in the sacred teachings of India. She has guided countless seekers through transformative experiences, combining the wisdom of yoga, Bhakti (devotion), and self-inquiry to awaken the heart and mind. With her deep connection to India's sacred traditions, she creates a safe and nurturing space for spiritual discovery and inner awakening.

Join us and be part of this beautiful journey!

Plant Base

NOURISHING SOUL FOOD

Throughout our retreat, we will nourish ourselves with wholesome, locally sourced vegetarian meals that **honor the sacred traditions of South India.**

WHAT'S INCLUDED?

Accommodation in retreat center & private villa (with pool) [8 days]

Plant-based meals (Brunch + Dinner)

Temple visits, fire rituals, daily yoga & meditation, the Art of Breathing Workshop, Ayurveda workshop, sacred walks, satsangs, cultural experiences, donations and guided teachings with Laura & Anand.

+ surprises

Transportation: Airport transfer, transport during activities & events.

Not Included:

Flight | Visa (we can help you with it)

Travel insurance (obligatory)

Additional meals or dining at external restaurants

Private Therapies

* We recommend arriving one day earlier and staying at Covelong Beach. There are two accommodation options available (we will organize everything for you once you choose your preferred option).

- Fisherman Taj Hotel
- Surf Turf Hotel

	PRICE	
	Single Room	Sharing Room
Early Bird <i>Ends 2 months before the retreat starts</i>	1.999€	1.666€
Standard	2.222€	1.888€

Bookings:

Samudrayogaspace@gmail.com

+91 9791136171 - Whatsapp

CANCELLATION/REFUND POLICY FOR PARTICIPANTS

- If you cancel up to one month before the start of the retreat, you will receive a 70% refund of the total price.
- If you cancel less than one month before the retreat begins, no refund will be issued.
- 30% of the total price will not be refunded under any circumstances.

We reserve the right to cancel the retreat if the minimum number of participants is not reached or for any other reason that may require such a decision. In this case, the full amount paid will be refunded to the participants (excluding transportation costs or any other expenses incurred by the participant to attend the retreat).

Both parties declare and guarantee they are in full possession of their mental faculties and do not suffer from any condition that would prevent them from participating in the retreat. If a mental condition arises that affects this capacity, it must be communicated in writing to the other party. In such cases, we reserve the right of admission.

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