



# Stillness of Lake

This slow travel is designed to engage with abstract elements of Nature and blossom like a lotus

## Day 1



Nalanda has been a learning hub in ancient India, attracting scholars from around the world. India today still has a rich legacy of knowledge traditions like Yoga and Ayurveda, continuing to answer the existential questions of earnest seekers. Stillness of Lake is a thematic yoga retreat inspired by the sacred geography, Chidambaram.

After a brief meet & greet, the orientation will set the tone and expectation for the travellers.

## Day 2



On the backdrop of the Coromandel coast, as the sun rises, yoga practices will be conducted to observe the cosmic elements in the body. Principles of akasha or the Ether principles in the subtle aspects of the mind will be the focus during the retreat.

The practice is curated for tuning and shaping the form and formless aspects of the body.

The goal is:

- to reflect on the impressions in the body
- to observe the nature of 'self' without judgement
- to find the origin of where the lotus stems from
- learning to absorb the art of dispassion
- finding the required stillness to allow the lotus to bloom

## Day 3



Discussions will be based on personal experiences to exchange notes in the cosmic journey that we are all sailing. A talk on the significance of the destination will be delivered by an expert. A certified yoga teacher branching off the KYM lineage, with a movement unique language will be handling the sessions. Master classes in Vedic chants suitable to the destination or theme will be taught for creating a desired resonance in the body.



## Day 4



To keep the fun and frolic flowing, places of interest in the vicinity, including lesser known monuments will be visited on all days. This retreat will include attractions in Pondicherry

- Visit to the French town
- Visit Auroville
- Visit Aurobindo ashram

## Day 5



New approaches to knowing the Ether principle;  
Symbology of Lotus;  
Significance of Chidambaram;  
Meditative practices suiting the destination are special aspects of this retreat

Visit to the Chidambaram temple, where Patanjali witnessed Cosmic Dance of Siva will be made.

## Day 6



Having a sublime experience of the destination, we bid goodbye and proceed for another immersive experience.

Details: 6d 5n

Theme: Sacred Spaces Yoga Retreat, Lake ecosystem

Where: Pondicherry, Chidambaram, Tranquebar

Accommodation: Boutique Heritage Resort, Beach front

