



ARUNACHALA RETREAT
Silent retreat with Mansoor

Sat 15th – Sat 22nd Dec 2012
at Nanaguru Ashram, Tiruvannamalai, India



This retreat is being held at Nana Guru Ashram looking onto Arunachala, the holy mountain at Tiruvannamalai in Tamil Nadu. Over centuries many sages and saints have been drawn to this area and most famous is Ramana Maharishi whose ashram is also close by. We are very fortunate to be able to hold a retreat in this sacred space.

Nana Guru Ashram is set back from the road in a lovely quiet area. It has 21 rooms all with attached bathrooms, there is a meditation room and 2 very large Yoga halls on the rooftop with views of Arunachala. It is an Ashram so rooms are basic but clean, bathrooms are with Indian style bucket bath & western wc

The retreat begins lunchtime Saturday 15th Dec and ends after lunch on Saturday 22nd Dec. People flying in long distance can arrive Friday 14th night/Saturday 15th early morning and have some time to settle in.



Nanna Guru Ashram



meditation room



bedroom



yoga hall

ACCOMODATION

for 9 nights 14th Jan – 23rd Jan

All rooms have washbasin in the room and attached wc/bathroom

Single occupancy Rupees 12,500 (approx € 190)

Double occupancy Rupees 10,000 (approx € 150)

These prices include everything: accommodation, meals, use of Ashram, tea & purified water

Extra costs:

Laundry & Transport from and to Chennai airport by taxi or mini bus

Payment for accommodation should be given to me in Rupees cash please when you arrive so I can pass it on to the Ashram. No credit card payments possible but there are plenty of ATM cash dispensers in town.

RETREAT FEES to include books etc

€ 300

Retreat fees should ideally be paid to me beforehand in Swiss francs or in Euros – best in cash or if necessary you can also transfer it into a bank account in UK. I would rather not have the money in India to worry about. However if you are based in India then you can pay it on arrival in Rupees if necessary.

INTERNATIONAL FLIGHTS

BA flies direct to Chennai from Heathrow

Jet flies direct to Chennai from Brussels

Lufthansa flies direct to Chennai from Munich or Frankfurt

There are also many budget flights to Mumbai and then you can get a domestic flight to Chennai.

<http://www.momondo.com>

<http://www.southalltravel.co.uk/India/>

<http://www.jetairways.com/en/GB/Home.aspx>

<http://www.lufthansa.com/online/portal/lh/ch/homepage>

Once you let me know your flight details we will arrange for a taxi or mini bus to pick you up from Chennai airport and bring you to the Ashram – approx 3hrs 30mins drive.

People who plan to leave straight after the retreat can book flights out on 22nd Dec night.

STAYING LONGER

For those who would like to stay longer there will also be the possibility to arrive a few days earlier (from 6th Dec) and to stay at Nana Guru Ashram before the retreat and also for a few days after the retreat (till 29th Dec). Let me know if that is something you would like to do - please note this will be under different rates to the retreat and no meals or refreshments will be provided (Rs 350 per night per person).

For those with families there is also the possibility to arrange for partners & children to stay at a hotel and then meet up after the retreat - see link for Sparsa hotel.

Also for anyone interested in staying on I would suggest staying in Tiruvannamaiai over Christmas. You can relax a bit for a few days and spend time at Raman ashram,

visiting Skandashram, Virupaksha cave and the Temple. We can also organize some practice sessions together over those days.

If people are interested to stay longer and explore a bit I could maybe take a small group to visit Pondicherry, Auroville, Chidambaram & Mahabalipuram 27th – 31st Dec.

CLIMATE

In December the climate will be very pleasant. It is usually warm and sunny all day around 20-26 degrees and the nights will be pleasant 14-18 degrees approx.

WHAT TO BRING

Yoga mat

1 top sheet & pillow case

Towel

Torch

Cotton sarong / light shawl for Savasana & Meditation

Mosquito repellent

Sun cream & sun hat

Sandals or flip flops

Cotton yoga clothes

Water bottle

I will confirm the books we will be studying and anything else closer to the time

LINKS

Ramana Ashram www.sriramanamaharshi.org/

Arunachala <http://arunachalagrace.blogspot.com/>

Sparsa hotel http://www.sparsaresorts.com/thiruvannamalai_resort.html

Please confirm your reservation with me & do contact me if you have any queries

Love & light

Clarissa

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www.mandalayoga.ch