



YOGA VACATION

with Yogaraksanam at The Bangala



Revitalise your energy, recharge yourself and be rejuvenated.

Experience yoga in India, where it originated, while immersing yourself in a traditional South Indian heritage stay and getting pampered by the renowned local hospitality.

Enjoy daily yoga classes in the tranquility of the charming Bangala in Karaikudi, conducted by highly qualified and experienced Indian teachers who are senior disciples of T. K. V. Desikachar of Krishnamacharya Yoga Mandiram in Chennai, India.



Course details

Asanas	to focus on the body - increasing flexibility and strength
Pranayama	to focus on breathing - to increasing energy and calming the mind
Meditation practice	to learn to meditate
Philosophy	to understand the basic principles of yoga practice

The course can be joined at any level.

Yoga has no restrictions in terms of age, gender or beliefs.

Daily program (flexible)

06:30 - 08:00	Yoga asanas
09:30 - 10:30	Lecture on yoga philosophy
17:30 - 19:00	Chanting, pranayama and meditation

Asana classes will take place at the gallery near the pool area. Lectures, chanting, pranayama and meditation will be held in private areas of the verandah.

Yogic diet

Participants will be provided with special sattvic meals that exclude onions, garlic, tomatoes and root vegetables. Special rice and millets will be included in the meals.

However, for those who wish to savour The Bangala's renowned cuisine, it is possible to have traditional Chettinad specialties in the dining room.

Yogaraksanam Institute

Yogaraksanam, which means philosophical endeavour, is an institute in Chennai (*India*). It started 25 years ago and is dedicated to spreading the message of yoga. Yogaraksanam regularly conducts seminars abroad at:

- Yoga teacher training at Yoga school “Yoga vision”, Munich (*Germany*)
- Annual seminars at Yoga Insitute “Yogah”, Krems (*Austria*)
- 2 year PG Course in therapy applications of Yoga, in collaboration with “Yoga Prankish”, Erlangen (*Germany*)

Publications

- “Patanjali Yoga Sutra”(in *Tamil*)
- “Song of Truth - An Essence of the Yogasutras of Patanjali” (*in English*)
- “Empowering the visually challenged through yoga” (*forthcoming*)

Course directors

English speaking classes at The Bangala will conducted by any of the following experienced teachers of Yogaraksanam.

D V SRIDHAR (*Founder of Yogaraksanam and Course Director*)

Member of Yoga Certification Technical Committee formed by The Dept. of Ayush Government of India to certify yoga professionals.

Sridhar has a diploma in Yoga from Krishnamacharya Yoga Mandiram (KYM). He was a yoga teacher, consultant and eventually director for Yoga Studies at the mandiram. During his tenure he organised seminars for many groups from abroad on subjects pertaining to yoga. He also conducted two year postgraduate courses at the mandiram.

He has travelled abroad extensively to the following countries: Australia, New Zealand and South Africa to teach yoga to individuals and to train yoga teachers.

VIJI VASU (*Co-Founder of Yogaraksanam*)

Viji has a diploma in Yoga from Krishnamacharya Yoga Mandiram (KYM).

She has taught yoga to individuals at KYM and to international yoga teachers. At Yogaraksanam she teachers full time and oversees all certified courses. She has travelled to Spain and Germany on teaching assignments.

RADHA SRIDHAR (*Co-Founder of Yogaraksanam*)

Radha has a diploma in Yoga from Krishnamacharya Yoga Mandiram (KYM).

She has worked as a senior consultant and yoga teacher at KYM. She was one of the primary faculty members who conducted seminars for international yoga students.

She co-founded Yogaraksanam with her husband D.V. Sridhar and teaches full time at this institute and is one of the directors of the teachers training program.

S. Hari (*Senior Yoga Teacher*)

Hari has a diploma in yoga from Yogaraksanam where he is now a yoga teacher and consultant. He conducts outreach programs for corporates and personal yoga training for individuals undergoing therapy.

Special package includes

- Yoga classes according to the program (3 sessions daily, 4 hours total) by highly qualified, English speaking teachers
- 7 nights accommodation at The Bangala, deluxe double room for single occupancy (small discount available for double occupancy)
- 3 sattvic meals per day
- All non-alcoholic drinks
- One sattvic cooking demonstration
- All taxes
- Book “The Song of Truth – An Essence of the Yogasutras of Patanjali”, written by D.V. Sridhar & Alagu Muthu

Price Valid for the period of April to October and first half of December

Exclusive group size for up to 4 people:

USD 8,000 in total, on single room basis

USD 500 per room discount for double occupancy

Group of 5 to 10 people:

USD 1,500 per person single occupancy or

USD 2,500 on double occupancy

Not included: Flights and transfers

Additional services, at extra cost:

Guided Tours around Chettinad

Day trips to Madurai, Tanjore, Trichy, Rameswaram, etc.

Transfers

Oil massage

Laundry service



Your stay: The Bangala

The yoga vacation class will be held at The Bangala in Karaikudi. Savour the sensory delights of the rich and ancient culture of Tamilnadu - where the hospitality is as warm as the weather. Experience every nuance of the Chettiar's lavish lifestyle in a heritage stay that is true to the tradition.

For more information, please visit: www.thebangala.com

For reservations please contact:

Mrs. Meenakshi Meyyappan

118, Santhome High Road, Chennai - 600 028, Tamilnadu, India

Tel: +91-44-24934851, +91-44-42066790

Getting to Karaikudi

By Road

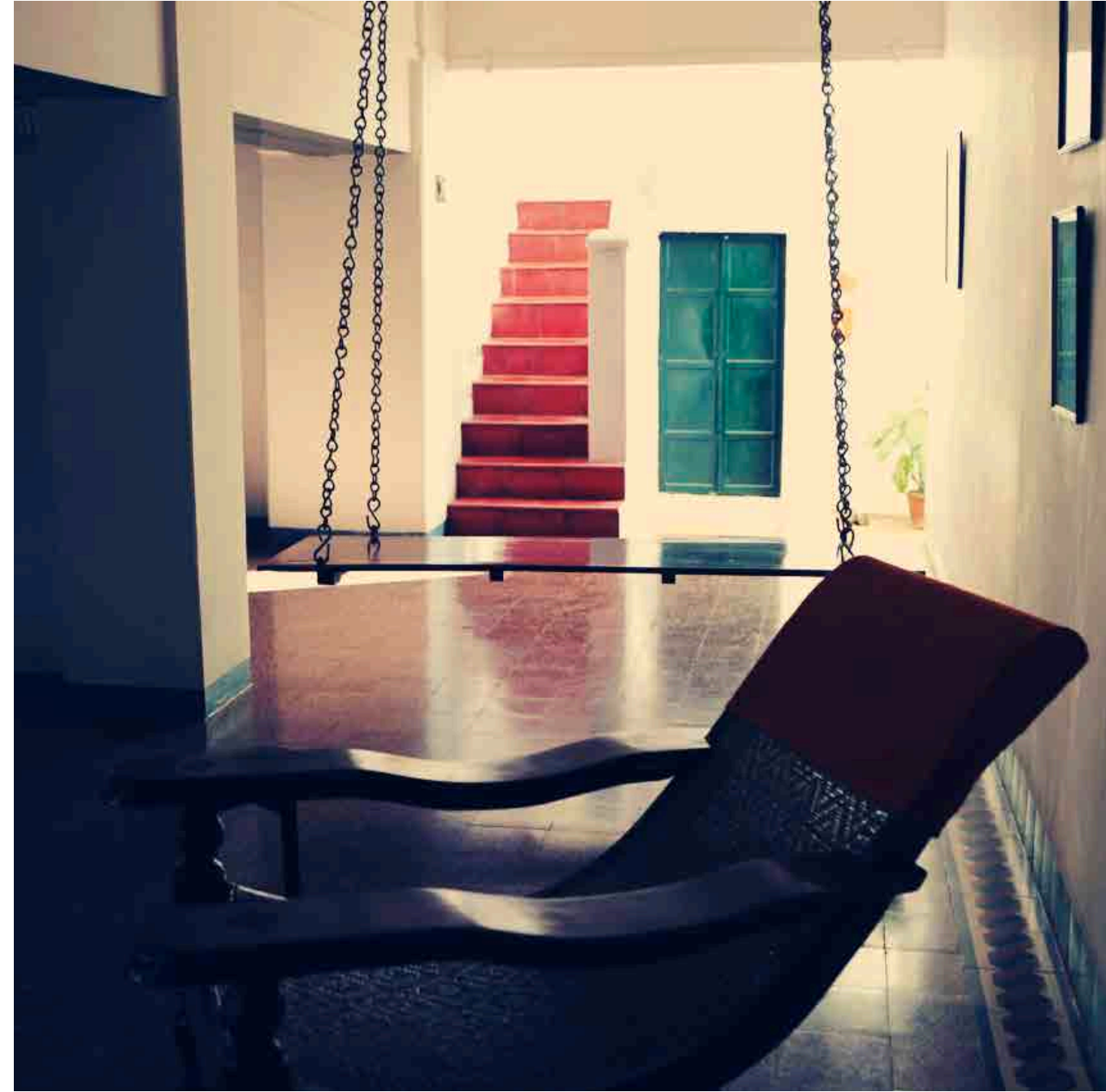
Situated on NH210, The Bangala is easy to reach and locate. Tiruchirapalli and Madurai are both 90kms away (2 hours by road). Chennai and Bengaluru are roughly 7 hours away.

By Train

Karaikudi is connected by rail to Chennai (456 km). The Rameswaram express (6701) from and to Chennai is the convenient option. All major Indian cities can be reached via Chennai.

By Air

Madurai and Trichy, both 2 hours away, are the nearest airports, well connected to Chennai, Bengaluru and Mumbai. Trichy operates direct flights to Singapore and Malaysia on a daily basis.





THE BANGALA, Devakottai Road, Senjai,
Karaikudi 630 001. Tel: 04565 - 220221 & 250221