



**Bharat Yatra**

# INDIA YOGA RETREAT

Bangalore - Pondicherry - Tiruvannamalai - Mysore

**18<sup>th</sup> to 30<sup>th</sup> January 2027**





Welcome to our yoga retreat journey to India with Andrea and Noopur. Here, you will explore India on a spiritual and yogic journey, where you'll visit temples, monuments, and dive deep not only into yoga but also the spiritual and historical aspects of India.

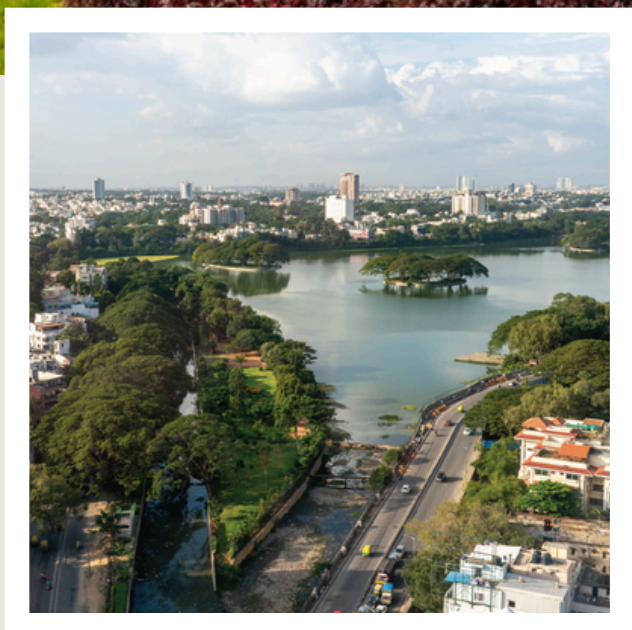




# EXPERIENCE DIFFERENT PARTS OF SOUTH INDIA WITH US

Come with us on a journey through the heart of South India. We'll guide you through the cities of Bangalore, Pondicherry, Tiruvannamalai, and Mysore - sharing daily yoga, culture, and the rich spiritual heritage of each place.





# BANGALORE

We will arrive in Bangalore, our gateway into India. We'll stay in a comfortable hotel right in the heart of the city. From there, we'll visit bustling markets, the historic Tipu Palace, and the vibrant flower and local markets. This will be a time to relax, absorb the energy of the city, and reset ourselves before we head to Pondicherry.



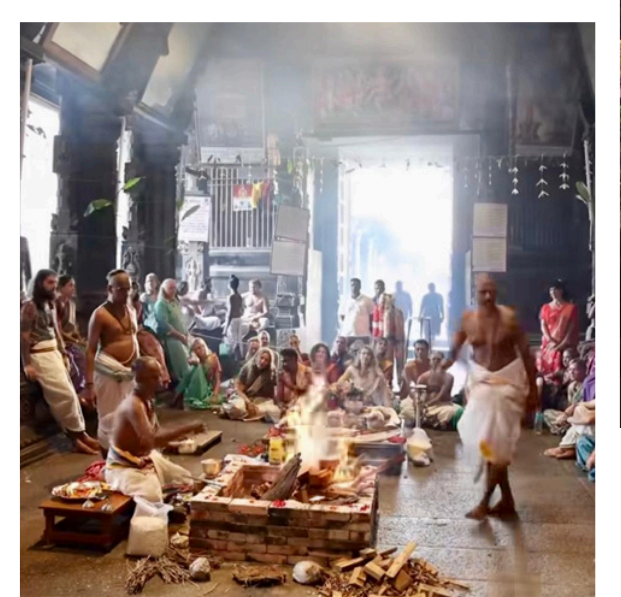


# PONDICHERRY



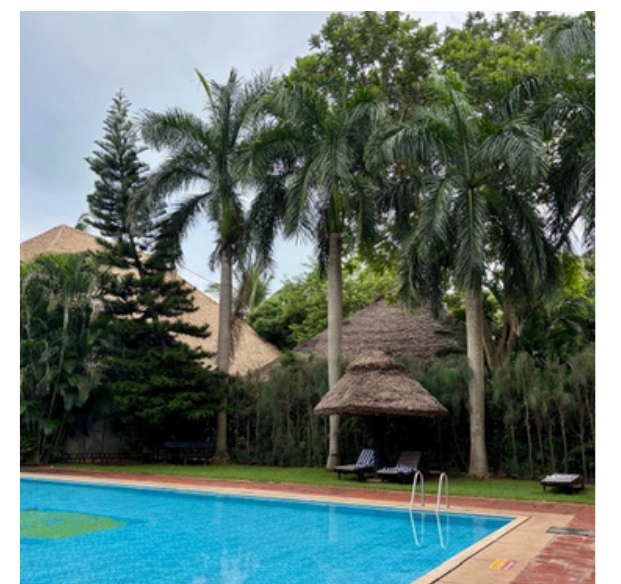
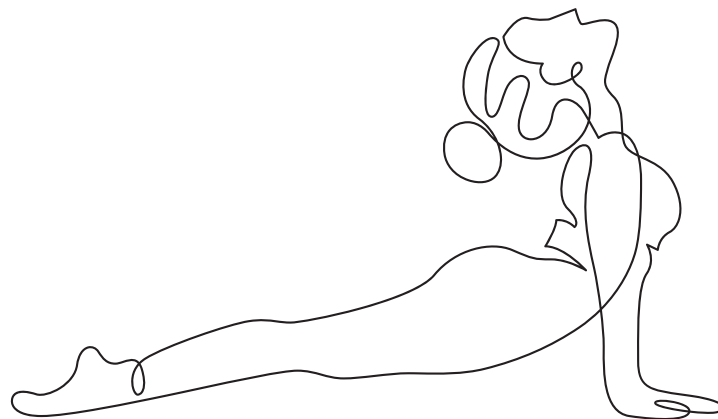
Pondicherry, where we'll spend two nights in this picturesque coastal town. We'll wander through its elegant streets, filled with French architecture and colonial charm, and immerse ourselves in its rich history. Nestled along the Bay of Bengal, we'll enjoy a peaceful promenade by the ocean, feel the tropical sea breeze, and soak in the calm coastal atmosphere before we continue our journey.





# TIRUVANNAMALAI

Tiruvannamalai, a place of deep spiritual energy, is home to the sacred Arunachala Temple, a powerful beacon of devotion. We will practice yoga, with a focus on the spiritual journey - visiting the grand Arunachala Temple, an ashram nestled in nature, and staying in a beautiful space surrounded by trees. Alongside our practice, we'll also explore the city, visiting temples, touring other cultural sites, and discovering the charm of Tiruvannamalai. Healthy food and quiet reflection will guide us as we embrace this spiritual adventure

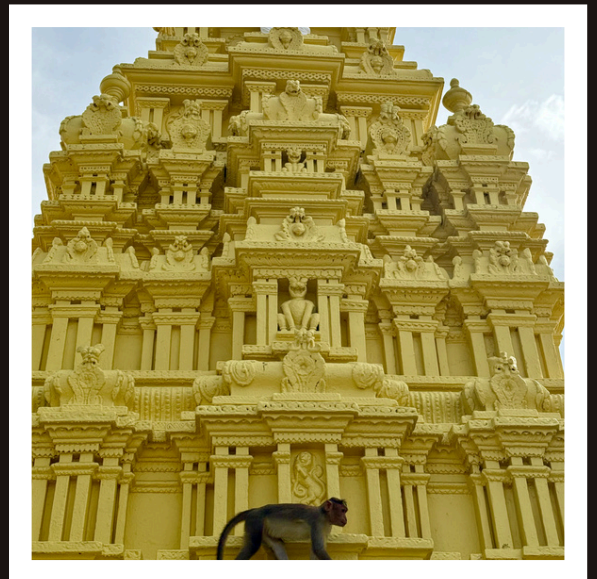




# MYSORE

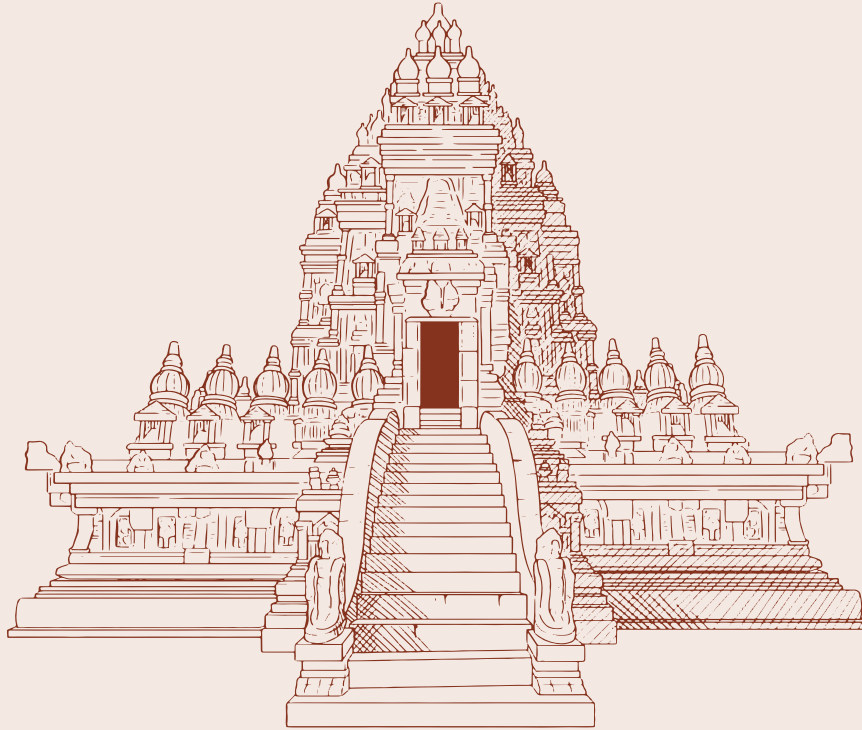


Mysore, often called the cultural capital of Karnataka, is a city steeped in tradition and known as the birthplace of Ashtanga yoga. We'll spend a few days here, staying at Ramesh Shatty Shala, one of Mysore's most respected yoga teachers. Each morning, we'll practice yoga, guided by Ramesh, with vegetarian homemade meals provided by the Shala. In the afternoons, we'll explore the city—visiting the magnificent Mysore Palace, the sacred Chamundi Devi Temple, and wandering through the vibrant streets. Mysore will be a perfect blend of deep yoga practice and rich cultural discovery.”





# ITINERARY



18th Jan – Arrival in Bangalore | Check-in and rest



19th Jan – Bangalore | Local exploration: markets, flower market & city discovery



20th Jan – Travel to Pondicherry (drive)



20<sup>th</sup> - 21st Jan – Pondicherry | Explore the coastal town and immerse in its rich French-colonial history



22nd Jan – Travel to Tiruvannamalai (drive)



22nd Jan – 26th Jan – Tiruvannamalai | Temple visits, ashram experience, spiritual atmosphere & cultural exploration



26th Jan – Travel to Mysore (drive)



26th Jan – 30th Jan – Mysore | Stay at a traditional Yoga Shala, explore yoga philosophy, heritage sites & temples

30th Jan – Departure | Journey back home





# YOUR HOSTS



Andréa began her journey on the path of yoga a long time ago. Very quickly, she experienced a profound sense of well-being, and little by little, she approached challenges differently, developing a certain detachment.

She delivers her classes with simplicity, joy and kindness, seeking to develop the potential that lies dormant within each of you. Through dedicated practice, Andréa is convinced that we can increasingly align our external experiences with our inner selves.

Travel enthusiast and globetrotter, a trip to India is unique because of its profoundly authentic experience.

Born in India and inspired by her yoga guru grandfather, Noopur began practicing yoga at a young age. Now based in Switzerland, she shares the transformative power of yoga with students of all levels, committed to the philosophy of 'Yoga for everyone'. Noopur guides her students on a journey of physical, mental, and spiritual well-being through Hatha yoga, Vinyasa, Pranayama, and Prenatal yoga, helping them experience the profound, life-changing benefits of the practice.





# RETREAT STAY



**Price per person : 2350 CHF (Double Occupancy)**

**Deposit 500 CHF**

## **What's Included:**

All transportation during the stay  
Accommodation throughout the trip  
Daily meals

Guided visits to heritage sites, monuments, temples,  
markets, and cultural landmarks  
Yoga sessions

## **What's Not Included:**

International flight tickets (to and from India)

## **Occupancy :**

For single occupancy supplement 400CHF  
(Bangalore to Pondicherry)

## **Deposit Information:**

Please note that the deposit is non-refundable

## **Payment Options:**

Payments can be made via bank transfer, or cash.





# CONTACT US



## Andrea

**Email :** [andreamuller@mac.com](mailto:andreamuller@mac.com)

**Instagram :** [lappartement.yoga](#)  
[joyfulyogalausanne](#)

## Noopur

**Email :** [Kosha.noopur@gmail.com](mailto:Kosha.noopur@gmail.com)

**Instagram :** [Kosha\\_by\\_noopur](#)

*Please don't hesitate to reach out to us if you need any further information or details. We'll get back to you as soon as possible.*

