

*“Words cannot express the emotions I felt during the two weeks I spent with Anjani-Evora, Sri Nandanji and everyone around me. Definitely a very meaningful journey for me. It was a deep, fun, relaxing and stimulating experience, all so colorful with delicious foods and smells. It was pure happiness that helped me reconnect with myself. I met incredible people who will remain forever in my heart.”*

*Chrystel Shär*

*@Chrysadventure*

# **Inner Journey**

## **Yoga and Meditation Retreat**

### **Tiruvannamalai, India**

#### **Feb. 6-15, 2024**

#### **A retreat like no other...**

This small group retreat, of maximum 8 people will take you to another realm in more ways than one. Not only will you experience a very unique place on earth but you will also be able to dive deep inside and experience your inner sky, that state of stillness and serenity innate in all of us. Each day starts with a yoga and meditation session taught by me, then a typical South Indian breakfast (delicious!) the rest of the day you are free to continue your inner journey on site in the ashram of Sri Nandanji (where you can learn the [sadhana](#) of Sri Nandanji), or stay in silence and relax or go to different ashrams and sacred places of high vibration. I will organize

transportation for you (by tuk tuk). You will also have the opportunity to meet my master Sri Nandanji, in one-on-one sessions.

## **Tiruvannamalai, Inde**

The sacred city where I currently live, Tiruvannamalai, has for centuries been a place of pilgrimage thanks to the sacred mountain, Arunachala (said to be Shiva), around which the city is built. The result being that the ancient temples are charged with energy and have attracted saints from all over India. The vibration throughout the city is very conducive to meditation. To this day, many saints make Tiruvannamalai their permanent residence, attracting sincere seekers from all over the world. All this makes the whole city one big ashram, full of lively rituals and very colorful celebrations.

South India in general is known for its very friendly people, delicious vegetarian food, lots of sunshine and a very relaxed daily life.

On the full moon, the population increases by the thousands as people come from all over to walk around the sacred mountain of Arunachala where it is said that especially the night of the full moon brings abundant blessings.

If an inner journey and a unique experience in India in 2024 inspires you, I would be delighted to welcome you to this unique place in the world.

## **The Details**

Included in the price: 9 nights accommodation in the ashram of my master Sri Nandanji which has just been built in the forest at the foot of Arunachala, the sacred mountain, transport to and from the Chennai airport, one Ayurvedic massage, daily group yoga and meditation classes, plus private classes of swatantra sadhana. Breakfast and the evening meal at the ashram are also included in the price.

## Price

CHF 900 per person for 9 nights (CHF 850 p.person in a double room). For more information and to reserve your place: [evoralameyse@gmail.com](mailto:evoralameyse@gmail.com)

