



EXPERIENCE
SOUTH INDIA 2025

Cultural Immersion and
Yoga & Ayurvedic Retreat

with Luke Ketterhagen

31st January to 15th February 2025

ITINERARY

DAY 1



31st January

Welcome to South India! Arrive Chennai International Airport (MAA) and transfer to our first fabulous hotel/resort and settle in. Our adventure has begun!

DAY 2



1st February: Mahabalipuram

Mahabalipuram - A day of rest and meeting fellow travelers. We'll enjoy a first taste of Indian cuisine served with coconut milk out of the shell and then relax on the beautiful beach at the Bay of Bengal.

DAY 3



2nd February: Mahabalipuram

Unforgettable visits to UNESCO World Heritage sites like Arjuna Penance, Five Rathas and Shore Temple begin the day. Local restaurant for lunch - cultural immersion every way possible! Finally, a visit to a stone statue factory that carves rock sculptures like centuries past.

DAY 4



3rd February: Pondicherry

Greeted by a massive seaside statue of Mahatma Gandhi, we'll take in the peaceful vibe on bicycle rickshaws as we ride through this quaint conclave that has managed to retain a large portion of its French heritage. Days visits include the Aurobindo Ashram, Notre-Dame-des-Anges church, and a local market. Rooftop restaurant for dinner while overlooking the sea concludes the day.

DAY 5



4th February: Tanjore

One of only two places in India where brass and bronze statues are still made in 2000 degree 'ovens' in the ground. Visit the Brihadishwara Temple the "Big Temple" and revive in a boutique hotel oasis.

DAY 6



5th February: Karaikudi to Rameshwaram

After breakfast drive to Rameshwaram with a stop in Karaikudi known for its rich architecture and exceptional cuisine including "Chettinad" food served on huge banana leaves. Arrive Rameshwaram at the very the tip of India, connecting the Bay of Bengal and the Indian Ocean.

DAY 7



6th February: Rameshwaram

We start off the day early in this most holy city. Auto-rickshaws will take us to Dhanush-Kodi the far-end of India to see the sun rise. Then the Ramanathaswamy temple which is believed to be the place Lord Rama offered his gratitude to Lord Shiva. In this most auspicious place we will be blessed by 22 sacred wells. We'll spend the evening enjoying the sea front and local cuisine.

DAY 8



7th February: Madurai

Also called "The City of Jasmine" for its famous varieties of the sweet flower grown there, Madurai is one of India's oldest cities. We'll visit the famed Meenakshi Devi temple which is a shakti peeth (shrine), a concentrated location of the powerful divine energy. This temple is the cultural and geographical heart of Madurai. The temple complex is a city unto itself with twelve Gopurams, all of which are ornately decorated with a staggering array of gold.

DAY 9



8th February: Madurai/Thekkady

We'll start the day with a rickshaw ride in the early morning and witness as the temple city wakes up. We'll walk the old streets at dawn, and watch as the local matriarch of the house paints a kolam to invite prosperity into their house today. Then onto Thekkady - a hill station in tea country. This is our first entry into the state of Kerala, "God's own Country". Local theatrical performance of "Kathakalai" the traditional dance of Kerala and night of leisure rounds out the day.

DAY 10



9th February: Thekkady

Another sunrise delight awaits as we have a walk through the Periyar wildlife forest. If we are lucky we'll see bison, wild boar, elephant etc. Then, onto a spice plantation as Thekkady is famous for spices; cardamom, pepper, clove, cinnamon, nutmeg, vanilla etc. We'll wind down the day with a relaxing boat safari.

DAY 11



10th February: Kumarakom

Morning drive down from the beautiful hill country into the oasis of Alleppy. Here our yoga and ayurveda retreat begins.

DAY 12



11th February: Kumarakom

Yoga in the morning and evening. Ayurvedic massages, facials, body wraps, bird watching, local shopping, and swimming round out the day

DAY 13



12th February: Kumarakom

Retreat continues. All fabulous things continue.

DAY 14



13th February: Kumarakom

Retreat continues. Rejuvenation continues and in the evening we embark on a boat ride through the back waters for dinner and sunset.

DAY 15



14th February: Cochin

Our retreat concludes with morning yoga. After breakfast we depart for Cochin – a charming port town on the Arabian Sea. We'll do a tour of the old city, the traditional Chinese fishing nets, St. Francis's church and have some free time at the local street market. There are gems here – last year we found an essential oil extractor – imagine the aromas and the healing powers of fresh eucalyptus, jasmine, frankincense, rose and dozens more...



A special farewell dinner will conclude our time in Cochin (and South India) while we again get to revisit our favorite Indian foods, drinks, and deserts on a stunning rooftop setting all while watching one more Indian sunset – this time at the Arabian Sea.


DAY 16



15th February: Cochin

Depart from Cochin International Airport (COK) in early morning.

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A brass teapot with intricate carvings sits on a stove. Steam rises from the spout, creating a warm, golden atmosphere. The teapot has a long handle and a curved spout.

Namaste and
thank you for
joining us on a
trip of a lifetime!