

A hand is shown in a yoga mudra (prayer position) against a warm, golden sunset background. The hand is positioned in the upper right quadrant of the image, with fingers gently touching. The background is a soft, out-of-focus sky with warm tones of orange and yellow, suggesting a sunset or sunrise. The overall mood is peaceful and spiritual.

EXPERIENCE SOUTH INDIA 2028

Cultural Immersion and
Yoga & Ayurvedic Retreat

with Luke Ketterhagen

January 28 - February 13, 2028

ITINERARY

DAY 1



28th 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



29th January 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



30th January 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



31st January 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



1st 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



2nd 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 tip of India, connecting the Bay of Bengal and the Indian Ocean.

DAY 7



3rd 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



4th 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



5th 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



6th 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



7th February Kumarakom

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

DAY 12



8th 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



9th February Kumarakom

Retreat continues. All fabulous things continue.

DAY 14



10th February Kumarakom

The retreat continues with another day to settle into the peaceful rhythm of Kerala's backwaters. Morning yoga and meditation invite us to reconnect with the breath, body, and quiet awareness that comes when we step away from everyday demands. Time for Ayurvedic treatments, swimming, bird watching, or simply enjoying our resort oasis allows us to unwind. In the evening, we'll embark on a special boat ride through the winding backwaters, enjoying dinner as the sun sets over the waterways—a quintessential South Indian experience.

DAY 15



10th February Kumarakom

Our final full day in Kumarakom offers time to embrace Kerala's restorative gifts. Enjoy yoga, meditation, an Ayurvedic massage, bird watching, or a refreshing swim. As our retreat comes to a close, we'll reflect on the unforgettable places, flavors, people, and experiences that have made this journey truly extraordinary.

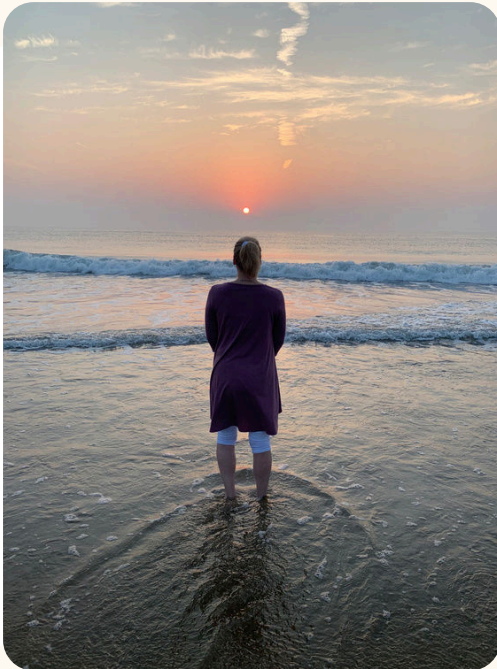
DAY 16



12th 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...

DAY 17



13th February Cochin

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. Depart from Cochin International Airport (COK) in late evening.

A hand holding a brass pot on a tray with incense smoke rising in the background.

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

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