



ॐ नमः शिवाय APPRENDRE ET ENSEIGNER LE YOGA AU 21^{ÈME} SIÈCLE जय श्री गणेश
 **yogakshemam**

YOGA SCHOOL

Journey TO India



A PILGRIMAGE TO THE HEART OF SPIRITUAL INDIA

FEBRUARY 14 TO MARCH 5, 2027

TAMIL NADU · KERALA · MYSORE



A PILGRIMAGE TO THE HEART OF SPIRITUAL INDIA

The Yogakshemam journeys are an invitation to walk in the footsteps of the teachings of Sri T.K. Sribhashyam, one of the children of Sri T. Krishnamacharya.

In 2027, we invite you on a new immersion into the heart of South India, a land where spirituality is lived every day: in ancient temples, rituals, encounters, sacred landscapes, and the simple gestures of daily life.

Our itinerary will take us through Tamil Nadu and Kerala, along the paths of great pilgrimage sites and living spiritual traditions. We will discover temples dedicated to Śiva and Viṣṇu, ancient cities, shores washed by the Indian Ocean, and unspoiled landscapes.

This journey will not simply be a discovery of India.

Each stage may become an opportunity to slow down, to observe, to meet others, to open ourselves to another way of living and, perhaps too, to turn inward toward ourselves.

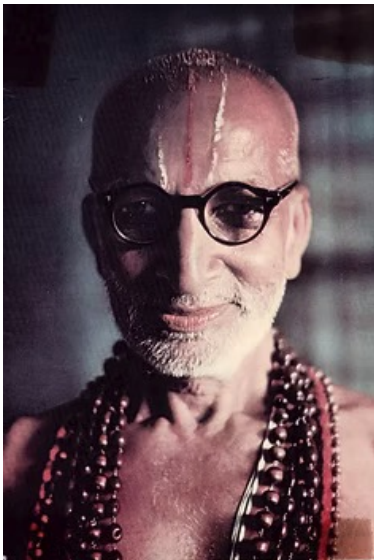
As Sri T.K. Sribhashyam used to remind us, true pilgrimage is, above all, an inner pilgrimage toward true Happiness.

A JOURNEY OPEN TO everyone

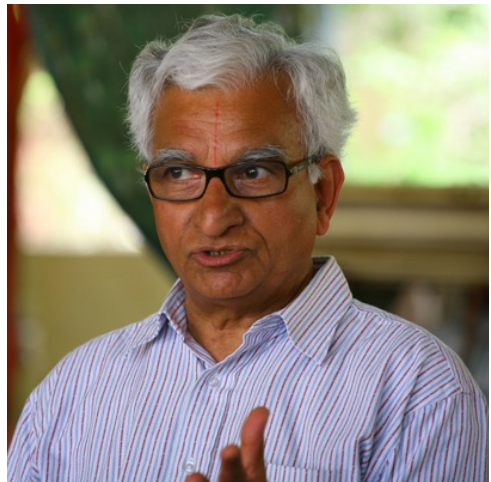
This trip is for all those who wish to discover spiritual India.

We will encounter an India where the sacred is still deeply present in everyday life: in the streets, the temples, the prayers, the offerings, the markets, and the simplest of gestures.

In the continuity of a teaching passed down from father to son.



Sri T. Krishnamacharya
(1888 – 1989)



Sri T.K. Sribhashyam
(1940 – 2017)

ALONG THE roads OF SOUTH INDIA

FEBRUARY 14 AND 15

MADURAI

Our journey will begin in Madurai, one of the oldest cities in Tamil Nadu.

After our arrival at the airport and check-in at the hotel, we will take time to rest from the journey before gradually discovering the atmosphere of this ancient city.

We will stroll through the markets of the old town before making our way to the tutelary deity of the historic city of Madurai, Minākṣī.

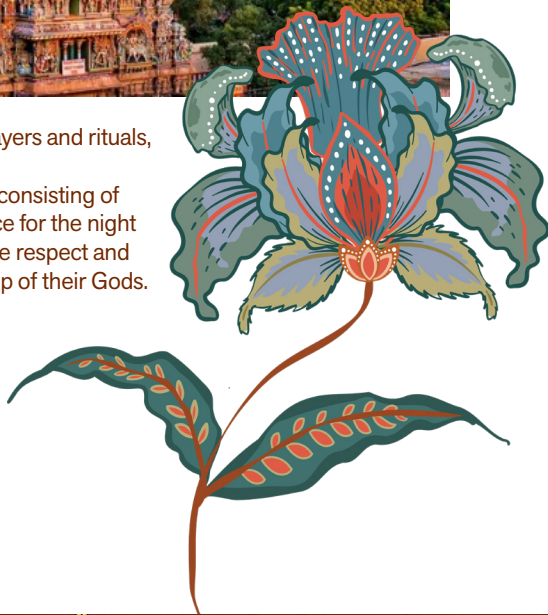
The famous Minākṣī Amman Temple is an absolute masterpiece of Dravidian architecture. It is one of the rare and most important Hindu shrines dedicated primarily to a female deity:

Minākṣī, an incarnation of the goddess Pārvatī, «the fish-eyed one,» alongside her consort Sundareswarar, the god Śiva.



In the evening, we will attend the temple's prayers and rituals, in a particularly vibrant atmosphere.

This is a true devotional practice for pilgrims, consisting of accompanying the deities to their resting place for the night — allowing devotees to express their immense respect and devotion by watching over the protective sleep of their Gods.

NIGHTS IN MADURAI

February 16

RAMESWARAM

We will continue our journey to Rameswaram, one of India's great pilgrimage sites, located on Pamban Island in southeastern Tamil Nadu. The town draws devotees who take the sacred vow to pray, at least once in their lifetime, before the Jyotir-Lingam of Ramanathaswamy.

This Lingam of light was consecrated and worshipped by Prince Rama himself, in gratitude after his victory over the demon king Ravana.

We will therefore visit the famous Ramanathaswamy Temple, dedicated to Śiva and renowned in particular for its immense corridors.



Rameswaram is also deeply connected to the story of Rāma and the Rāmāyaṇa.

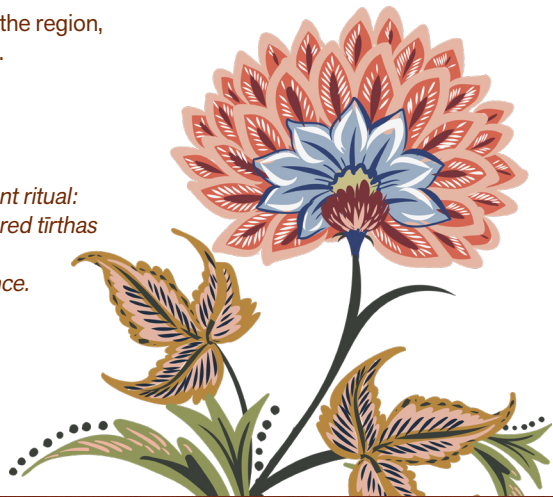
We will take time to discover the special atmosphere of this pilgrimage town and to walk along the shore of Agni Theertham.

We will also explore the coastal landscapes of the region, following in the footsteps of Rama, Hanuman...

NIGHT IN RAMESWARAM

*And perhaps, for those who wish,
we will let ourselves be guided by a very ancient ritual:
the waters of the sea, then those of the 22 sacred tīrthas
of Rameswaram...*

A pilgrimage gesture to discover and experience.



FEBRUARY 17 AND 18

ALWAR TIRUNAGARI AND TIRUNELVELI

We will then head to Alwar Tirunagari, one of the important sites of the Śrī Vaiṣṇava tradition. We will visit the town's temple and discover the story of Nammālvār, one of the great figures of the Ālvārs tradition — a story closely tied to the sources of Sri T. Krishnamacharya's teachings. Our itinerary will also take us along part of the Nava Tirupati circuit, a group of nine temples — Alwar Tirunagari among them — situated along the Tamiraparani River.



These temples are all dedicated to Lord Viṣṇu, worshipped there in different forms, each traditionally associated with one of the nine planets (Navagraha). We will then continue to Tirunelveli, where we will visit the Nellaiappar Temple, dedicated to Śiva, and may attend the evening ceremonies.

NIGHT IN TIRUNELVELI



FEBRUARY 19

KANYAKUMARI

We will reach Kanyakumari, at the southernmost tip of India, an ancient pilgrimage site where the waters of the Indian Ocean, the Bay of Bengal, and the Arabian Sea meet.

This is home to the Kanya Kumari Temple, an incarnation of Parvati, the Virgin Goddess, and an important place of pilgrimage.

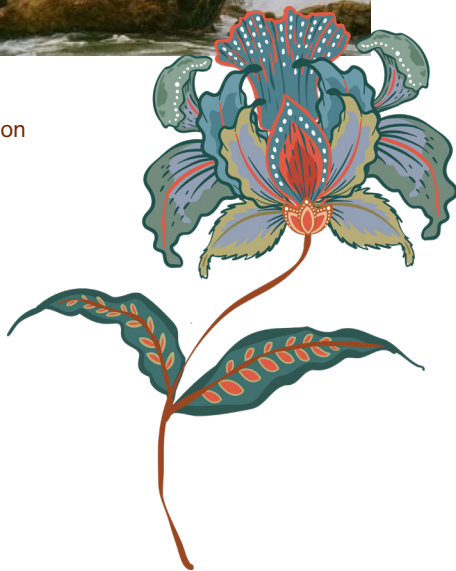
But Kanyakumari is also intimately linked to the life of Swami Vivekananda. In 1892, before his departure for the West, he traveled to this southernmost point of India and, according to tradition, swam across the sea to reach the rock offshore — a bold crossing! He remained there for several days in meditation.



On that rock, facing the vastness of the ocean, he is said to have deeply reflected on India, its people, and the mission that would become his own.

We will watch the sunset at this place steeped in history and spirituality, and dine facing the ocean.

NIGHT IN KANYAKUMARI



February 20

POOVAR

Our journey will continue toward Kerala and the Poovar region.

We will discover the famous backwaters, their canals and mangroves, during a boat ride.

We will also reach Poovar Beach, accessible by waterways and surrounded by pristine natural surroundings.

We will also visit the Aazhimala Śiva Temple, located by the sea.



NIGHT IN POOVAR



February 21 and 22

KOVALAM

We will continue to Kovalam, famous for its seaside landscapes and beaches.



We will discover in particular Lighthouse Beach, Hawa Beach, and the Vizhinjam cave temple.

These days will also be an opportunity to wander, to explore small local shops, local crafts, spices, and the atmosphere of the region's markets and cafés.

NIGHTS IN KOVALAM

FEBRUARY 23

THIRUVANANTHAPURAM

We will then travel to Thiruvananthapuram, the capital of Kerala.



We will visit in particular the famous Padmanabhaswamy Temple, one of the great temples dedicated to Viṣṇu, reclining upon Anantha, the serpent. The Padmanabhaswamy Temple is one of the 108 sacred sites sung and celebrated in the hymns of the Ālvārs, the great devotional saint-poets of Viṣṇu from South India.

We will also explore the historic surroundings and markets of the city, before taking time for one last stroll through this part of Kerala.

ON FEBRUARY 24, WE WILL LEAVE THIRUVANANTHAPURAM TO HEAD TO MYSORE.



Madurai > Rameswaram:

170 to 180 km | 3 to 4 hours

Rameswaram > Tirunelveli:

230 km | 5–6 hours

Tirunelveli > Kanyakumari:

85 km | 1.5 to 2 hours

Kanyakumari > Poovar:

65 to 70 km | 1.5 to 2 hours

Poovar > Kovalam:

15 to 20 km | 30 to 40 minutes

Kovalam > Thiruvananthapuram:

16 to 20 km | 30 to 40 minutes

These road travel times are approximate and may vary depending on traffic, road conditions, and the exact location of the hotels.

PART 2

MYSORE, YOGA, and TRANSMISSION

FEBRUARY 24**A STOP AT THE HEART OF TRADITION**

After our travels through Tamil Nadu and Kerala, we will fly to Mysore.

We will be welcomed there by Sahana and Tapan at the Advaita Serenity Resort, a peaceful place conducive to rest, practice, and inner reflection.

This second part of the trip will allow us to slow down after the journey and devote more time to yoga practice.

But it will also offer us an exceptional encounter.

PRACTICING WITH SRI SHUBHA

Each year, Sri Shubha, the youngest daughter of Sri T. Krishnamacharya, generously offers a time of practice and transmission.



Sri Shubha guiding the practice in Mysore

During our stay, we will have the rare privilege of practicing yoga with Sri Shubha.

This will be an extremely precious opportunity to receive teaching passed down directly within the family of Sri T. Krishnamacharya, in a living continuity where practice is grounded in experience and transmission.

For Yogakshemam, whose teaching continues the lineage passed down by Sri T.K. Srihashyam, these moments hold very special significance.

NIGHTS IN KOVALAM

OUR WEEK IN MYSORE, DAY BY DAY

TEMPLE VISIT WITH SRI SHUBHA — FEBRUARY 25

We will have a free morning. Then we will be delighted to visit, with Sri Shubha as our privileged guide, the temple near her home. We will also enjoy the sunset before returning to the resort.

YOGA CLASSES — FEBRUARY 26 AND 27

Two days devoted to yoga practice.

FREE DAY, OR OPTIONAL VISITS TO CHAMUNDI HILL AND THE SANSKRIT COLLEGE — FEBRUARY 28

We will climb Chamundi Hill, an important site in Mysore, to visit its famous temple, and may also visit Mysore's Sanskrit College.

YOGA CLASSES — MARCH 1, 2, AND 3

Three more days devoted to yoga practice.

SHOPPING DAY — MARCH 4

A day will be devoted to Mysore and its shops. This will be an opportunity to discover local crafts and, for those who wish, to bring back a few souvenirs from India: fabrics, spices, handcrafted objects, or other treasures found along the way.

RETURN TO FRANCE — MARCH 5

After these three weeks of travel, encounters, discoveries, and practice, we will leave Mysore for the airport and take our return flight to France.

A TYPICAL YOGA CLASS DAY IN MYSORE

8H - 9H	Fruit and herbal tea
10:00 - 12:30	Yoga session
12:30 - 13:30	Coconut water, then lunch
Afternoon Yoga session until 15:30, followed by chai	
19:30 - 20:00	Dinner

The schedule and timings may be adjusted.

COURSE CONTENT

Each of us will discover the course content through an approach similar to traditional teaching, where learning follows the receptiveness of the students. It is an immense privilege to be alongside Sri Shubha and to immerse ourselves in the depth of her teachings, her simplicity, and her kindness.

INTRODUCING THE ADVAITHA SERENITY RESORT IN MYSORE

In Mysore, Tapan and Sahana welcome us to their resort for our course with Sri Shubha, like a true family.

<https://www.advaithaserenityresorts.com/>



SAHANA MURTHY

Sahana Murthy, founder of Rasayana Mysore Kitchen, is a true ambassador of Ayurvedic cuisine. «Rasayana» means, in Sanskrit, the path of essence — here, the essence of nutrition (Aahara Rasa). Through her cooking, Sahana connects the ancestral wisdom of Ayurveda with the needs of the modern world. Every meal she prepares is a perfect balance of flavor, vitality, and awareness — a cuisine that nourishes the body, calms the mind, and supports yoga practice. Trained since childhood by her mother, heir to recipes passed down through generations, Sahana now shares her knowledge in Mysore — considered the world capital of yoga — and online with students from around the world.

TAPAN RAJ

Tapan Raj has orchestrated the Yogakshemam traveling retreats with remarkable precision, fluidity, and care.

Tapan is also an adventurer. A lover of the mountains, passionate about trekking and wildlife photography, he has a deep connection to nature and the living world. And this shows in the way he organizes things: everything is structured, yes... but never rigid.

He knows how to leave room for life's spontaneity. He creates a solid, reassuring framework while allowing shared choices, natural adjustments, and unplanned moments to emerge — moments that often become the most precious. A living, mindful organization, respectful of everyone's pace.



Sahana and Tapan are also passionate practitioners in the lineage of T. Krishnamacharya.

PRACTICAL INFORMATION

COST OF THE STAY

€2,227

(+€100 for a single room)

A deposit of €400 HERE confirms your registration for this trip.

Further payment details will then be sent to you.

THE PRICE DOES NOT INCLUDE

- International flights
- Domestic flights
- Meals or drinks other than those included
- Personal purchases

FLIGHTS

Flights are booked through Dominique at **KING'S TRAVEL** agency in Paris.

Simply send her a WhatsApp message at **+33 6 47 15 99 44** for the Yogakshemam India 2027 trip.

DOMESTIC FLIGHT

Book your flight on the Indigo website **HERE**

A flight from Thiruvananthapuram (Trivandrum) to Mysore (around €50) on February 24, 2027.

VISA

A visa is required to enter India.

<https://indianvisaonline.gov.in/>

TRANSPORT & VISITS

Only the visits included in the touring section of the itinerary are covered.

TIPPING

In India, tipping is a common practice and a natural part of everyday life, particularly in the tourism and service sectors. Tips are an integral part of people's overall income. They supplement the wages paid by their employer and are therefore naturally factored into the income these workers can expect to earn for their work.

Yogakshemam covers all tips related to the running and organization of the trip.

However, tips relating to personal arrangements or services remain each participant's own responsibility. For example, if you individually request a particular service from someone, it is customary in India to leave them a tip.

It is therefore advisable to set aside a small amount for this purpose.

IN CLOSING

A PILGRIMAGE TOWARD TRUE HAPPINESS

Traveling in India is not just about visiting monuments or discovering new landscapes.

It is also about agreeing to leave your habits behind.

It is learning to welcome whatever arises: the unexpected, encounters, sometimes fatigue, wonder, differences, food unlike our own, moments of silence as well as moments of joy.

In the spirit of the teachings passed down by Sri T.K. Sribhashyam, this journey will be an invitation to live each stage as it comes.

True pilgrimage is not measured only in the distance traveled.

It is an inner path.



TRIP YOGAKSHEMAM in INDIA

FEBRUARY 14 TO MARCH 5, 2027

TAMIL NADU · KERALA · MYSORE

**A JOURNEY OF DISCOVERY, ENCOUNTERS, AND PRACTICE,
FOLLOWING THE TRACES OF A LIVING SPIRITUAL INDIA.**

**AN OUTWARD PILGRIMAGE...
and PERHAPS, ABOVE ALL, an INWARD one.**

A PILGRIMAGE TOWARD TRUE HAPPINESS.



APPRENDRE ET ENSEIGNER LE YOGA AU 21^{ème} SIECLE

yogakshemam

YOGA SCHOOL

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