

Body Being & Heart

SACRED SITES OF SOUTH INDIA

Travel retreat: «Inner liberation »



January 26-February 15, 2007

Join us for the travel of a lifetime, a journey of Self discovery
and meditation exploring the sacred sites of South India.
with 'Antara' Kyra Lober M.A.

About the journey...

Kyra's Body Being & Heart Travel Retreat will take you to the heart of India where you will have an opportunity to experience a diversity of spiritual expression, visit temples, churches and mosques from the coast of Tamil Nadu to the beaches of Kerala.

Visit the ashram of one of India's most revered saints, Ramana Maharshi. Walk the sacred mountain of the fire Shiva and learn about Advaita Vendanta, the tradition of non-duality and oneness with the all of creation.

Meditate in the Matrimandir of Auroville, the international community dedicated to the spiritual evolution of all humanity.

Visit the christian ashram Shantivanam founded by Fathers Jules Monchanin and Henri Le Saux in 1950.

See the sacred dance/dramas of Bharata Natyam, Kathakali and hear the vibrant, exquisite music of India. Relax and swim in the vastness of the Indian Ocean.

Most important the Body Being & Heart Travel Retreat is a time out from your ordinary life to appreciate the extraordinary within...

You are invited to deepen your meditation practice and your perception of consciousness with support from Kyra. Facilities permitting, Kyra will lead SomaSky , easy to do movement activities which deepen your awareness even as they open the body. Meditations will offer you a creative opportunity to experience your heart felt feelings and find the sacred space in you, whatever your religious affiliations. Kyra explores the pathless path of spiritual experience. Movement activities, stretch & strength as well as any meditations are purely optional. You will have the space and Freedom to allow your spirit to soar!

Body Being & Heart in collaboration with Spiritours

ITINERARY

Day 1-2

Leave Montreal

Day 3-4

CHENNAI/MAHABALIPURAM.

Travel to Mahabalipuram, a beach town about 45 min from Chennai, known for its giant stone sculpture and temples. Stay at the Ideal Beach Resort! Music & Dance in Mahabalipuram.

Mamallapuram, is a historical retreat set amidst natural beauty. Lying 58 kms South of Chennai, this ancient seaport of the Pallava dynasty invites connoisseurs of art. Its monuments hewn out of slid rock, though ravaged by the sea and wind, still bear testimony to the magnificent heritage of Dravidian architecture. The glorious Shore Temple, one of the oldest in South India, stands on the sea shore with its paved forecourts. See the great Bas-relief of Arjuna's penance, the five Rathas, the Mahishasura Mardhini, Krishna and the Varaha Mandapas. There is also a School of sculpture which merits a visit.

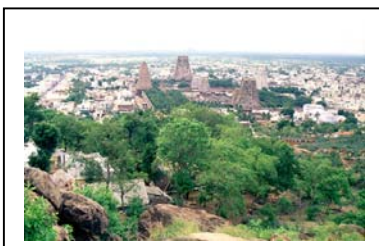
Themes: Refreshing your body & being with 'SomaSky' movement & meditation; discussion, 'How to cope with India, land of contrasts'.

Day 5-9

TIRUVANANAMALAI (5 days)

Deepen your meditation as you taste the fragrance of eternity and touch the core of your being.

Learn about Hindu traditions from the many temples in the area and also about Advaita Vedanta, the tradition of nondualism. Participants have the option of staying several days at Ramanasramam Ashram. Visit the caves where Ramana Maharshi lived and go



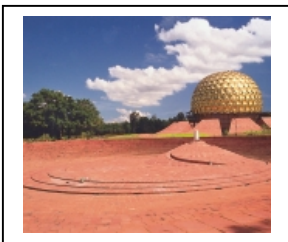
on meditative walks around Arunachela, the sacred mountain of the fire Shiva.

The Arunachala temple here is situated at the foot of a hill and dedicated to Tejo Lingam (God incarnate as fire). One of the largest temples in the South, it is dominated by a 61 meter, 11 storeyed gopuram. The imposing gateway and the thousand pillared mandapam are also noteworthy. In November-December the Karthikai Deepam festival is held here on a full moon day and the ashram of Saint Sri Ramana Maharishi attracts a great number of tourists from all over the world.

Theme: 'Who Am I'

Ramana Maharshi created the process of 'Self Inquiry' with this essential question. You are invited to discover who you are truly. We will also discuss and contemplate the nature of Awareness, Bliss, Heart, Space, Emptiness & Love.

Day 10-12



PONDICHERRY, AUROVILLE, (3 days)

You can dress in a more Western style and go shopping for a salwar kameez, traditional Indian dress; change money; send e-mails. Meditations at the Sri Aurobindo Ashram and crystal meditation in Auroville's Matrimandir. Indulge in an Ayurvedic massage. Have an espresso. We are in French India.

Meeting with a brother from the community of St-John who will share about the social work he does with people who suffer from AIDS.

Pondicherry - a quaint enclave in Tamil Nadu upholds the French tradition to this day. The town which rose phoenix - like after the British literally razed it to the ground in the 18th century, is home to the much acclaimed Aurobindo Ashram and is noted for its lovely French architecture and cuisine. Visit the Ashram which was founded by Sri Aurobindo a onetime Bengal revolutionary who later took to the spiritual path. Auroville, the city of Dawn was inaugurated in Feb 1968 as a unique experiment in international living, where people live and work in total harmony.

Designed in Feb 1968, **Auroville** was set up as the place of constant progress of an unending education and an experiment in international living and understanding. Auroville wants to be the bridge between the past and the future and belongs to humanity as a whole. The Matri mandir (pavilion of the Mother) is the soul, the living symbol of Auroville's aspiration for the Divine

Theme: Meditating in the Market Place.

Day 13

CHIDAMBARAM,

Nataraja temple, the ether temple of Shiva in his dance of creation. View the 108 forms of Bharata Natayam and experience one of South India's most vibrant temples.

Chidambaram was the capital of the Cholas from 907 to 1310 AD. The name is derived from "Chit Ambaram" which literally means that 'wisdom and intelligence infused into the atmosphere'. Lord

Nataraja , an aspect of the Divine, is said to have emerged from the sacred space as Siva Nateswara, the Cosmic Dancer and performed His Cosmic Dance before two of his devotees. It is a special temple with an unusual vimana over the Sanctum Sanctorum which holds the Divine as `Space' without any form. The 108 Karanas of Bharata Natyam , the Classical Dance form of South India that are depicted in sculpture on the walls of the Temple and are absolutely exquisite.

Theme: How do you relate/create with life. Discover your inner dance of trust, love, fear, hope...

Day 14 TANJI, Brihadishwara Temple, crowning glory of Chola architecture with sacred cave like spaces built high up in the temple structure. Relax at the luxury hotel & and enjoy the swimming pool!

Theme: Name that God. Use your knowledge of Hindu Gods as we explore the Brihadishwara Temple.

Thanjavur was the capital of the powerful Chola dynasty. Today, it is a little town set amidst the lush rice fields of the Cauvery delta. Visit the magnificent temple of Brihadeeshwara built about 1000 years ago by Raja Raja Chola. This temple is a living testimony to the sculptural and architectural excellence of the Cholas. Also visit the Thanjavur Palace partly built by the Nayaks in 1550 AD and partly by the Marathas. Visit the Saraswathi Mahal Library which has an extensive collection of over 30,000 manuscripts, palm leaf inscriptions and books

Day 15



TRICHY, visit the Sri Ranganthaswamy Temple dedicated to Vishnu, the protector and nearby Sri Jambukeshwara Temple, dedicated to Shiva, the liberator and wife Pravatti. Visit and stay at the christian ashram Shantivanam which was founded by Fathers Jules Monchanin and Henri Le Saux in 1950.

Theme: Discover the sacred space in you!

Trichy (Thiruchirapalli), an ancient town in the Cauvery delta, was a Chola citadel in 2 BC. The present town and the fort were built in by the Nayak kings of Madurai. The magnificent Rock Fort, built on an immense rock formation over 84m high. 437 steps cut into the rock lead up to the Vinayaka temple built at its highest points. The view from the temple is superb. At a lower level along the rock is the Tayumanaswamy temple dedicated to Shiva. The fascinating temple town of **Srirangam** is on island in the Cauvery. Seven concentric courtyards encircle the temple and town. Dedicated to the Lord Ranganathaswamy, the temple has 21 magnificent gopurams and is adorned with exquisite sculpture

Day 16 TRICHY-MADURAI

Drive to Madurai (200 kms) and on arrival check in at hotel. Afternoon: Visit Meenakshi Temple and attend the evening temple ceremony. Overnight in Madurai.

Situated on the banks of the Vaigai river, **Madurai**, the ancient capital of the Pandyan Kings, is a sacred place. Legend has it, that the divine nectar falling from the Lord Shiva's locks gave the town its name.

Visit Tirumal Nayak Palace constructed in the Indo-Saracenic style in 1639 AD. The curved dome, standing without the support of a girder or rafter, is an architectural feat. Pass by the Mariamman Teppakulam - the tank with a mandapam in the center. Visit Tirumangalam, 19 kms from Madurai. Visit the Meenakshi temple - a superb example of Dravidian architecture and sculpture, the focal point around which the city has developed. The temple has two sanctuaries, one dedicated to Shiva and the other to Meenakshi. The splendidly carved temple complex, with its immense gopurams towering over the city has colourful stucco images of gods, goddesses and animals and tales from Hindu mythology. See the beautifully carved "Hall of thousand Pillars" which houses the Madurai museum. Attend the night Ceremony at the temple. This is a ceremony that takes place every evening at 9 PM, when the temple bronze of Lord Shiva is carried to the bed chamber of Parvati. The procession is accompanied by religious prayer and temple music.

Theme: Experience Kali, Mother of compassion!

Day 17 MADURAI- KOVALAM

Travel day to Kovalam (255 kms) and on arrival transfer to hotel. Luxury dinner at a luxury hotel.

Kovalam is a sheltered bay endowed with unusual beauty, located on the magnificent Arabian sea coast. This natural bay is a safe sea-pool, free from high waves and surges. The 30 kms drive from the Tiruvananthapuram airport to the beach through groves of palms is refreshing. It is an ideal place to swim, sunbathe and perhaps enjoy the ancient rites of an Ayurvedic massage and oil bath.

Day 18 KOVALAM

*Free Day! Enjoy the beach and swimming pool. Optional and independent activities...like shopping
Evening: Kathakali dance performance.*



DAY 19 KOVALAM

Full day guided excursion to Kanyakumari (87 kms), land's end of India where the Bay of Bengal meets the Indian Ocean. See both the Sun and the Moon in the sky. Ferry to Vivekananda Memorial on the Rock Temple. Watch the sacred flame ceremony just after sunset at the Suchinfram Temple

Kanyakumari (87 kms) - the land's end of India, is also known as Cape Comorin. It is the southernmost tip of the subcontinent, where the waters of the Bay of Bengal, the Arabian sea and the Indian Ocean meet. It is famous for its fabulous sunrises and sunsets. Off the coast on an imposing rock, is the Vivekananda Memorial.

Padmanabhapuram was the capital of the Maharajas of Travancore. Their erstwhile Palace known as the Padmanabapuram Palace is a splendid example of traditional Kerala architecture. It has beautiful mural paintings and elaborate woodwork. The Palace complex consists of elegant buildings with steep tiled roofs and intricate wood-carving and small courtyards.

At **Suchindram**, on the way to Kanyakumari, is the great Temple dedicated to Brahma Vishnu and Siva . This was where Indra performed penance and was cleansed. The temple here is known for its intricate stone carvings.

Theme: Sat Guru, discover your inner teacher.

DAY 20 KOVALAM-TRIVANDRUM-MUMBAI



Morning free on the beach. Later transfer to Trivandrum airport (16 kms) in time to connect flight to Mumbai. On arrival in Mumbai, transfer to an airport hotel. (Room blocked for day use until departure). After a farewell dinner at hotel, transfer to airport in time for your flight.

DAY 21 Arrive in Montreal

**The itinerary is subject to change, there are options we can discuss in the moment depending on the interests of the group. This is not a journey set in stone but a journey of discovery!*

Exclusive tour, all rights reserved

Before & After the Journey

You will receive a packet of information with definitions of significant terminology, as well as the words to chants you might want to know and other helpful travel advice. Visa forms and information on suggested vaccinations are also provided. A meeting will be set before the travel to answer any questions you may have, meet other participants and begin to create a harmonious touring team. A month or so after the journey, a meeting will be set to share our reflections on this dynamic travel experience.

The Daily Schedule

The schedule during the travel retreat is flexible and will adapt itself to the different settings and conditions in which we find ourselves. Indian weather is hot at midday so major activities will happen in the morning, late afternoon and evening with 'time out' for a rest or travel time from noon to mid-afternoon.

SomaSky, easy to do movement and meditation with Kyra will happen in the early morning before breakfast. You will probably be waking up at 4am when you first arrive; Kyra will make herself available at 6am. Class is usually at 7:00 or 7:30am and lasts about an hour.

The schedule is relaxed and free time to do your own thing will be a regular part of the program. The most scheduled part of the journey will be in Tiruvanmalai where those who decide to stay at the ashram will be required to show up on time for meals. Kyra will be available for group discussion on spirituality and personal development throughout the retreat. Individual sessions in CranioSacral Therapy or other therapeutic modalities may also be available at additional fee.

INDIA TRAVEL RETREAT FACILITATOR



'Antara' Kyra Lober M.A.

*Kyra Lober is the creator of **Body Being & Heart** Seminars, Trainings and Retreats. Kyra's approach has come out of a personal journey of discovery as a dancer, choreographer, therapist, educator and Spiritual traveler of the path. She invites you to recognize the space of enlightenment within yourSelf.*

Following the Spiritual thread Home has been "Antara" Kyra Lober life long journey. Kyra has studied Western Metaphysics, she was a neosanyasin with Osho, she hosted Paul Lowe in Montreal, and Toronto, training with him throughout the world as well as with other Masters. Now, she enjoys Spiritual community within the tradition of Ramana Marharshi. Kyra comes from a family whose members have embraced varied Spiritual approaches; the result is 'Antara' Kyra's nondenominational and nondualistic approach to Spirituality. She supports people in finding Truth.

Kyra has taught her work in a variety of Spiritual contexts, including the Catholic Church, the Jewish, Buddhist, Rajneesh and Satsang communities as well offering counseling to priests, sisters, ministers and fellow Spiritual aspirants.

Kyra Lober's background includes her professional work as a channel as well as certifications as a teacher & practitioner of Body-Mind Centering, a somatic approach to movement repatterning; she is also a teacher of Feldenkrais Awareness Through Movement, a CranioSacral Therapist and Reiki Master. Kyra was a modern dancer and choreographer with a B.A. and M.A. in Dance from the University of California at Los Angeles. She is a graduate of New York's famed High School of Performing Arts.

Most of all Kyra enjoys the dance of the Divine and art of being. She finds her world travels enlightening.

www.bodybeingheart.com

GENERAL INFORMATION

The package includes : round trip airfare from Montreal, ground transportation in India and national flight to Mumbai, accommodations in hotels and ashram (double occupancy), all meals, official temple fees, local guides, all taxes and retreat with Kyra Lober (including Satsang Bodywork classes, meditations and group discussions on spirituality and personal development).

The package does not include: drinks, mineral water, visa fees, immunization, gratuities, personal expenses and travel insurance.

Fares: \$4,640 US/person (with flight from Miami)
\$4,499 US / person (with flight from Montreal)
\$3,019 US/person (without international airfare)

Extra for a single room: to be confirmed

Deadline to register: November 30th 2005

How to register: all you have to do is to fill the registration form included in this document and send it to us with your deposit of \$500 payable by cheque or money order. You must book as soon as possible since the space is limited. A travel insurance is recommended and must be paid with the initial deposit. The balance of payment is due 30 days prior to departure.

Number of participants: minimum 6, maximum 15

Immunization: Please contact your local medical clinic or CLSC

Travel documents: Passeport and Visa are required to travel to India. Contact the India High Commission, (613) 744-3751, #10 Springfield Road, Ottawa K1M 1C9. There is a fee for the Visa. You can download the visa application form on <http://www.hciottawa.ca/>



TERMS AND CONDITIONS

Important notice : Your booking for these vacations involves an agreement between you and those who provide the services. Please read all the information on this page since it sets out the conditions covering the travel and other services offered.

BOOKING

Upon signing your registration form a deposit of \$500.00 for the trips including a flight or 25% of the total price for the trips by motorcoach, is payable to **Spiritours** with an international money order or by personal check (Canada only). This deposit does not include health, baggage or trip insurance. The balance is due no less than 50 days from departure for the trips including a flight or no less than 21 days from departure for the trips by motorcoach. The tour operator reserves the right to cancel your booking if payments are not received within 5 days after their due date.

CANCELLATION CHARGES

If you intend to cancel, notify your representant immediately. Cancellation charges will apply based on the date the tour operator receives notice of cancellation.

For trips including a flight:

45 days and prior: \$500.00

Less than 45 days: no refund

For trips by motorcoach:

45 days and prior : 25% of total price

45 to 21 days before departure : 50% of total price

Less than 21 days before departure : no refund

Changes to a Booking : A passenger wishing to make a change to the original booking must notify the Tour Operator outside of 50 days prior to departure. An administration charge of \$50 per booking will be levied for such changes. Changes within 50 days of departure will not be accepted and will be considered as a cancellation.

INSURANCE

We suggest that you take a trip cancellation or interruption insurance in case of sickness, hospitalization, death of the covered person or a member of his family, a disaster (fire, flood, etc.), loss of employment or another major reason.

SPECIAL REQUESTS

Special requests, for example, room locations, adjoining rooms, bed preferences, in-flight meal requirements, in-flight seating requirement... cannot be guaranteed by Spiritours. While the Tour Operator will attempt to accommodate such special requests, the Tour Operator cannot be held responsible if such special requests cannot be fulfilled.

DOCUMENTATION

It is the passenger's responsibility to obtain, at his own expense, all documentation required by all relevant government authorities. It is suggested that prior to departure, the passenger ascertains the documentation required. In the event that the passenger does not possess the documentation required by the destination or the

carrier, the carrier reserves the right to refuse passage.

FLIGHTS AND CARRIERS

All flight times, flight itineraries and carriers are subject to change with or without prior notice. We recommend that you contact the airline within 24 hours of departure to confirm your departure time. Flight check-in opens two hours and closes 30 minutes prior to departure. The Tour Operator recommends that you check-in 2 hours prior to departure. The tour operator cannot be held responsible if you miss your flight or are denied boarding.

BAGGAGE

Each person is entitled to two normal sized pieces of checked luggage. Weight restrictions vary between 10 and 32 kilos per person, consult your airline prior to departure. **UNLESS INSURED, ALL BAGGAGE REMAINS AT THE OWNER'S RISK THROUGHOUT THE TRIP.**

REFUNDS

NO REFUNDS OR ADJUSTMENTS WILL BE MADE FOR PORTIONS OF THE TRIP OR ATTENDANT SERVICES NOT TAKEN OR USED.

INCREASE IN COSTS

The costs are dependent on fuel costs, rates of exchange, taxation and other factors. Should these costs increase, the Tour Operator reserves the right to increase the price.

COMPLIANCE

The passenger agrees to comply with any reasonable instructions issued by the Tour Operator or its representative relating to the tour. The passenger waives any claim against the Tour Operator for loss, damages or injury for any reason or by any result of the rendering of any of the services included.

TOUR OPERATORS RESPONSIBILITY

The tour Operator makes arrangements with airlines, local tour operators, wholesalers, hotels, coach companies, and other independent parties to provide you with the travel services and other services you purchase. Although the Tour Operator takes great care in selecting these suppliers, the Tour Operator is unable and does not have any control over them and therefore cannot be responsible for their acts or omissions. The Tour Operator shall not be responsible for any loss, damage or injury, whether physical or mental, resulting from any delay, substitution of equipment, or any act, omission, negligence or commission of any party supplying any of the services or accommodation herein, its agents, servants, employees, subcontractors, or for any claims for such loss, damage, or injury, or from any cause that arises by reason of actions of parties other than the Tour Operator.

REGISTRATION FORM

Surname : _____ First name : _____
Profession : _____
Address : _____
City : _____ Province or State : _____ Postal code : _____
Phone # (home) : _____ Phone # (work) : _____
E-mail : _____
Date of birth : _____ Passport number : _____
Destination : SACRED SITES OF SOUTH INDIA
Departure date : January 26th, 2007
Return date : February 15th, 2007
Travel companion : _____
Person to contact in case of an emergency : Nom : _____
Phone number : _____

How did you hear about us?: _____

Travel insurance (Blue-Cross), for canadian residents only with a valid health insurance card:

- Medical insurance : \$61(0-34 years old), \$75 (35-60 year old) : _____
- Regular package (medical, trip cancellation for up to \$5,400 and luggage insurance) : \$286.66 (0-60 year old) _____
- Regular package excluding medical insurance : \$246.83 (0-60 years old) _____
- I do not wish to purchase any travel insurance: _____

Your signature implies that you have read the **Terms and Conditions** of Spiritours.

Date : _____ Signature : _____

Please send this form with your **\$500** deposit to book your space, along with a post-dated cheque for the remaining balance (optional) to the following address : **Spiritours, c/o Anne Godbout, 5517 St-Michel, Montreal, Quebec, Canada, H1Y 2C9.**



Holder of a Quebec licence
(a division of Voyages Club Select)