

# South India

October 13 – November 3, 2017



## AMERICAN VEDA TOURS

With Phil Goldberg and Swami Brahmananda

# AMERICAN VEDA TOURS

Welcome to this preview of our upcoming tour to South India, a transformative journey into the teachers and teachings that changed the spiritual life of the West.

During our time together, we'll walk in the footsteps of the great spiritual masters, visit sacred sites and historic landmarks, immerse ourselves in ecological and spiritual communities, and experience the beauty of Mother India and her people.

Led by author/historian Phil Goldberg and spiritual teacher Swami Brahmananda, the tour will deepen our understanding and appreciation of India's sacred wisdom. And each day we will internalize our learning with satsangs, yoga, meditation and chanting.

Whatever path you are on, an American Veda Tour is a powerful opportunity for deepening, expanding and growing.



Namaste,  
Phil, Karen, Brahms, and Rao

# Day 1 - Chennai

**Tour Inauguration with Ganesh Puja  
Maharishi Mahesh Yogi Lineage**





# Day 2 – Chennai

## Famed Kapileshwara Shiva Temple



**Krishnamurti Foundation**, where world renowned philosopher and educator Jiddu Krishnamurti gave his first and last public talks. This peaceful 6 acre center has his complete works.

## Day 3 – Chennai



**Swami Vivekananda  
Memorial and Museum**



**Ananda Sangha** is a worldwide movement based on the work of Paramahansa Yogananda.



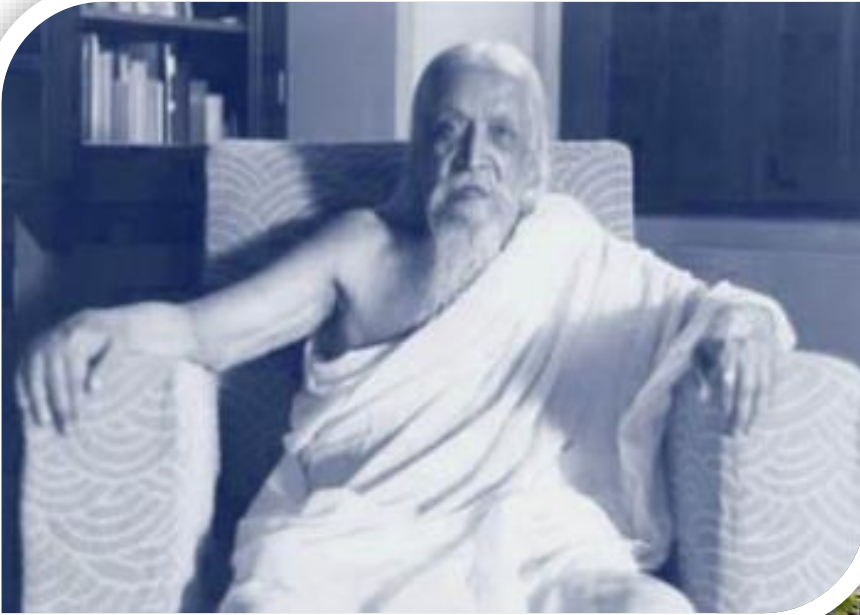


## Day 4 – Mahabalipuram

En route to Pondicherry, we'll stop at this 7<sup>th</sup> Century UNESCO site, a magnificent sanctuary of rock-cut caves, temple carvings and bas reliefs depicting Hindu mythology and art.



## Day 5 – Pondicherry



### **Sri Aurobindo**

Activist, freedom fighter and journalist turned yogi and philosopher. The goal of his Integral Yoga is Oneness with the Divine without renunciation, leading to the spiritual awakening of humankind.

### **Sri Aurobindo Ashram**

Founded in French Pondicherry in 1926, the Aurobindo Ashram is a vibrant community with over 2000 devotees. It is Aurobindo's mahasamadhi site.





## Day 6 – Auroville



### **The Mother, Spiritual Partner**

French-born Mirra Alfassa, spiritual collaborator to Aurobindo, had full charge of Aurobindo Ashram for 50 years. She founded Auroville in 1968.

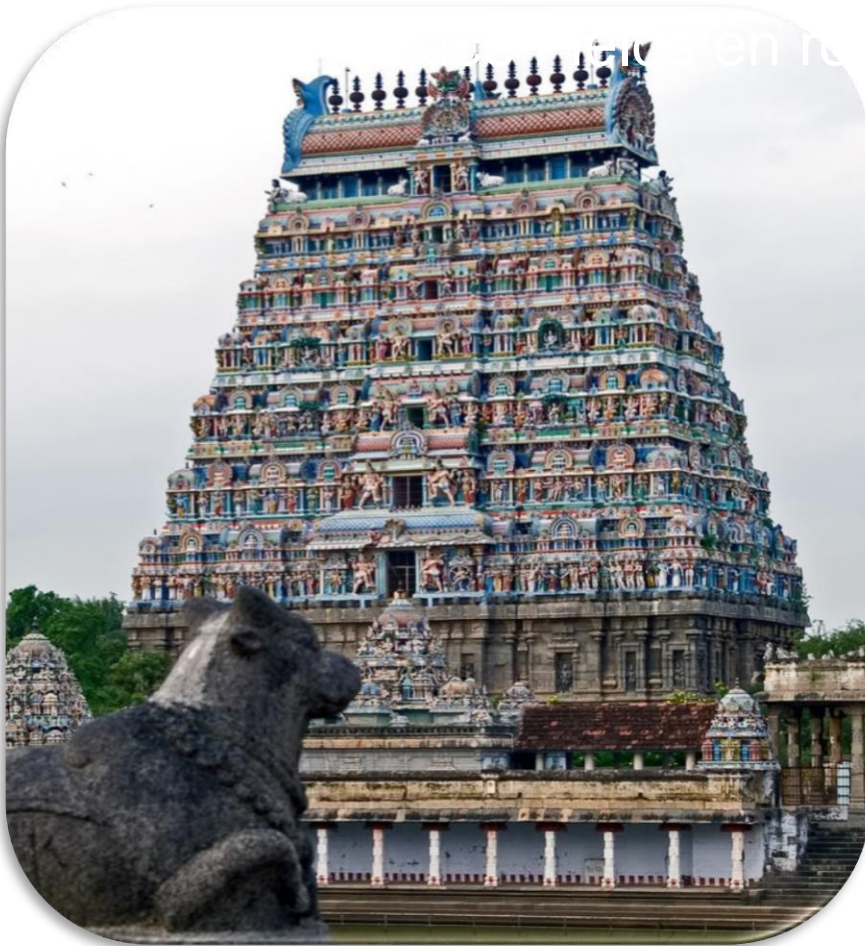
### **Auroville**

Spiritual community and home to people from around the world. The Matrimandir, the meditation hall, contains the largest optically perfect glass globe in the world.





## Day 7 – Chidambaram



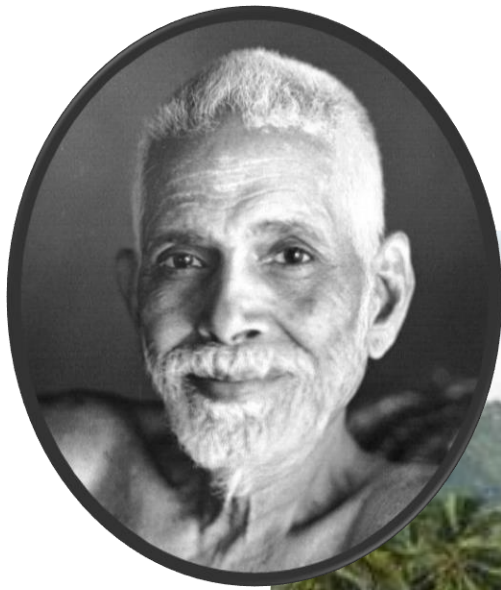
### **7<sup>th</sup> Century Nataraja Temple**

One of the 5 holiest Shiva temples in India, considered a sacred and powerful site.

According to Hindu mythology, Lord Shiva performed his Cosmic Dance in Chidambaram.



## Day 8 - Thiruvannamalai



### **Mt. Arunachula**

Ramana Maharshi stayed in Virupaksha Cave on the SE slope for 17 years, drawing devotees, children and animals with his radiance.

### **Ramana Ashram**

Where Ramana spent his last days, is now an active home to devotees, with a meditation hall, dining hall, temple, shrines, dairy farm and school for students of the Vedas.

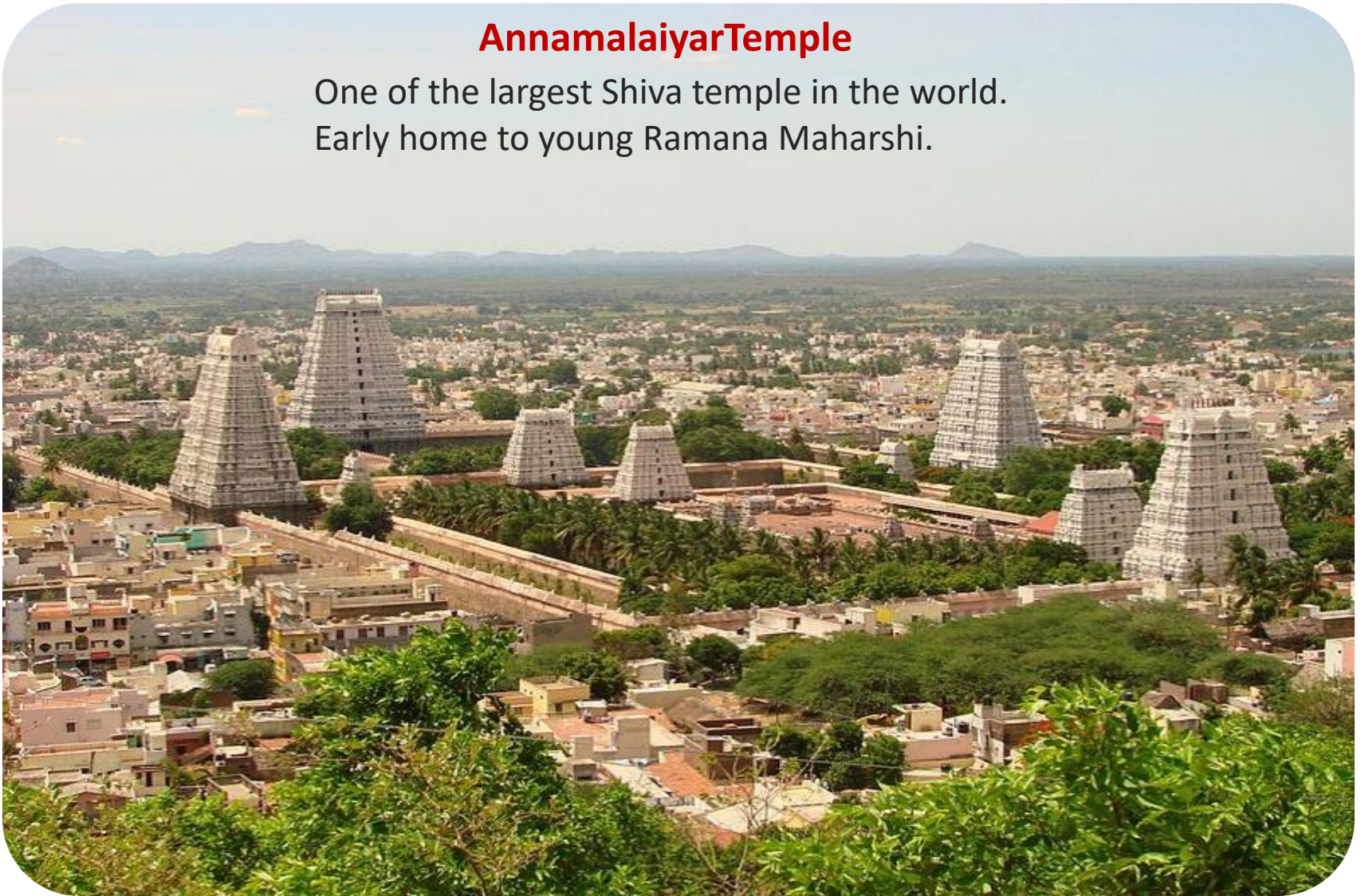




# Day 9 - Thiruvannamalai

## **Annamalaiyar Temple**

One of the largest Shiva temple in the world.  
Early home to young Ramana Maharshi.





# Day 10 - Bangalore



## **Lalbagh Botanical Gardens**

240 acres of spectacular grounds in the Garden City of India.



## **S-VYASA Deemed University**

World class Yoga University based on teaching of Vivekananda. With holistic research center, Ayurveda and Naturopathy Clinic, and inpatient treatment facility.



# Day 11 - Bangalore



## **Ramakrishna Math**

Non-sectarian, universal movement dedicated to the spiritual regeneration of humanity for over 100 years.



## **Swami Vivekanda**

Devotee of Ramakrishna, revitalized Hinduism, brought Vedanta to the West.



## **Sri Ramakrishna**

19<sup>th</sup> century Saint regarded as the Prophet of the Modern Age.



## **Holy Mother**

Sahrada Devi, spiritual consort of Ramakrishna.

# Day 12 – Bangalore

## **Art of Living Foundation Meditation Hall**

at the ashram of spiritual leader Sri Sri Ravi Shankar,  
founder of International Association for Human Values.





# Day 13 – Halebidu & Beluru (Chikmagalur)



Intricately carved sculptures  
from 12<sup>th</sup> century Hoysala Dynasty.





# Day 14 – Chikmagluru to Sringeri



## **Coffee plantations**

on the road to Sringeri.

70% of India's coffee is grown in this area.

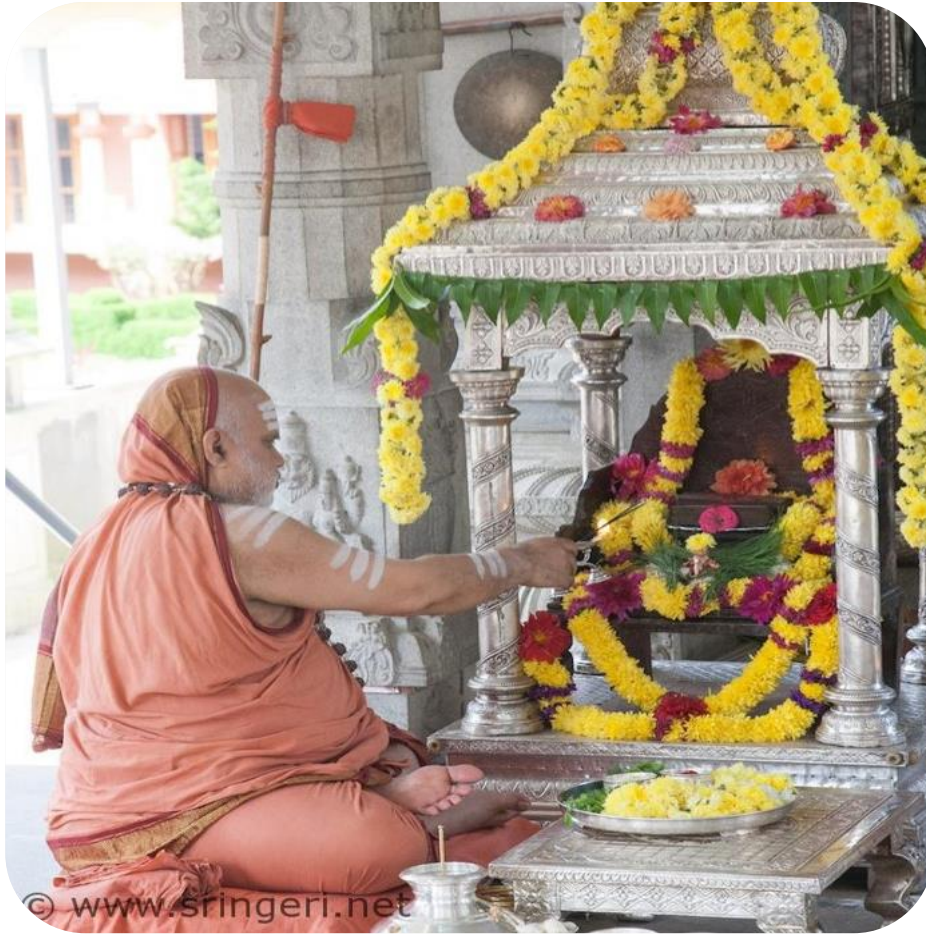
**Tea plantations** in  
the Western Ghats.





# Day 15 – Sringeri

Where all Swami lineages have their roots



## **Sharada Math Temple**

Shankaracharya performs puja to goddess of knowledge and wisdom.

## **Temple Elephant**



# Day 16 – Udupi

## **Krishna Math Temple**

Holy site for Krishna devotees. 8 Maths surround the temple. Udupi is also known for its festivals and vegetarian delicacies.

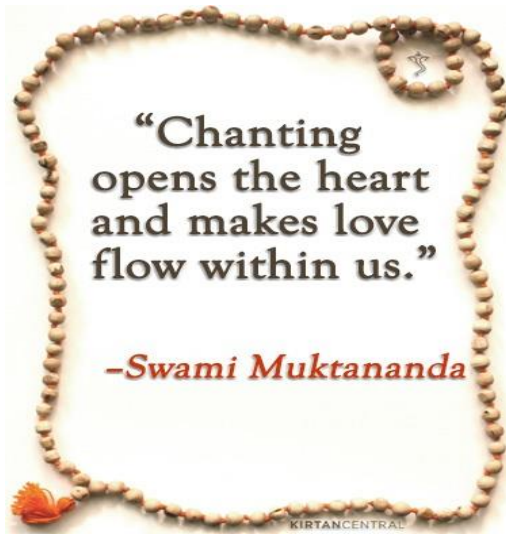




# Day 17 – Ganeshpuri

## **Swami Muktananda**

“Shaktipat Guru” and founder of hundreds of Siddha Yoga and Meditations Centers worldwide. Our guide, Brahms, will enlighten us about his 8 years with Baba.



# Day 18 – Govardhan Eco Village

## **Organic Farming and Sustainable Community**





# Day 19 – Govardhan Eco Village

**Radhanath Swami, Founder**



## **PROGRAMS**

Organic Farming  
Animal Care  
Water Conservation  
Alternative Energy  
Rural Education  
Rural Healthcare  
Vedic Cultural Center  
Orphanage



# Day 20 – Ganeshpuri to Mumbai



## **Bhagavan Nityananda**

En route to Mumbai we pay homage to the revered Siddha guru who initiated Swami Muktananda.



**Mahasamadhi and Home**



## Day 21 – Mumbai

### **ISKCON Temple**

Among the most beautiful temples in Mumbai. Krishna devotees offer kirtan, Vedic lessons and prasadam.



### **Gateway of India**

The symbol of Mumbai, it serves as a memento of British colonial rule.

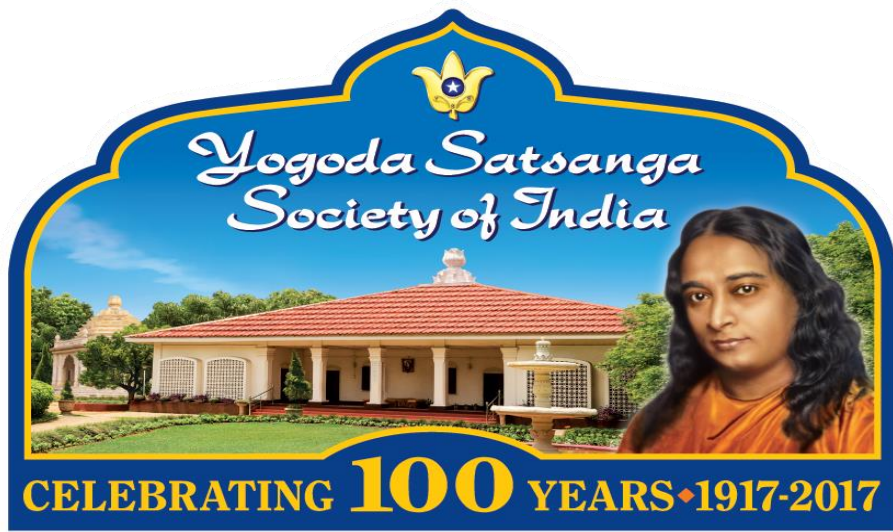




## Day 22 – Mumbai

### Yogoda Satsanga

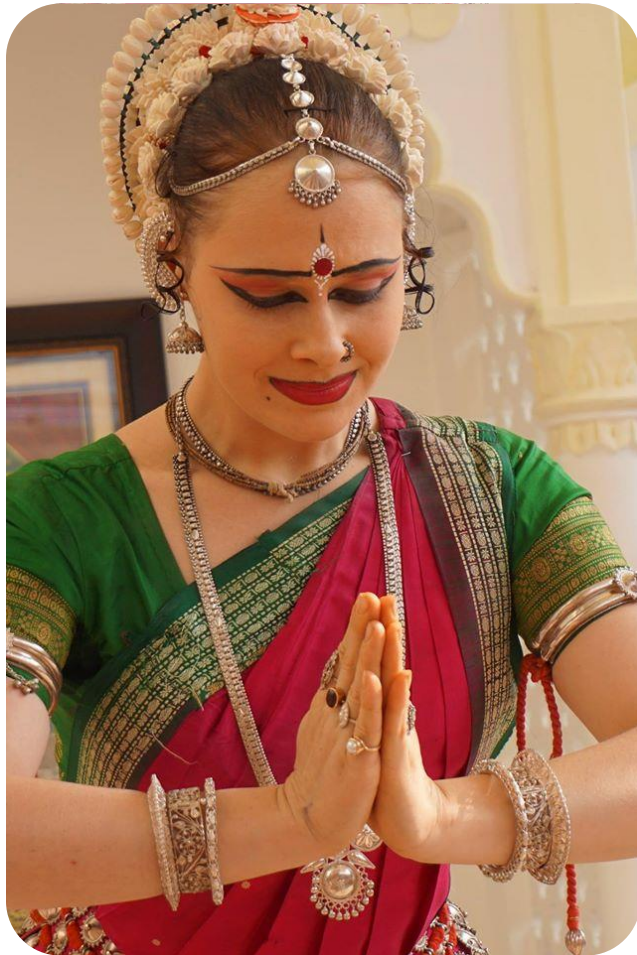
Run by the main organization promoting the teachings of Yogananda in India, the ashram is a haven for all who walk a path to the Divine.





# Hear from our North India Travelers

- This tour was everything promised. I can't recommend it highly enough for anyone looking for an immersion into the holiness of India. *Laura, OR*
- Off the charts! *Jonathan, CA*
- Phil's connections got us behind the scenes everywhere we went. *Dale, OR*
- My heart kept breaking open feeling the presence of the Divine in all of you. *Jenny, CA*
- Memorable trip of a lifetime. *Marilyn, OH*
- Unsurpassable! Phil and Brahms made the trip very juicy! *Lore, CA*



# Namaste

American Veda Tours

2017 South India Tour

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