

## **Experience Kalaripayattu, Visit consecrated spaces and have a Sangha to Support you (Men Only) (21st Feb - 25th Feb)**

Before we go into the itinerary I want to talk about why I am creating this entire Kalari and sangha support experience for you guys. So this is something exclusive for men. I want to keep it very personal and give my maximum time and effort to this, so I am limiting it to just **3 persons**. My life has been entirely transformed after I did my Inner Engineering and doing the practices daily. From a life of depression and anxiety to living a happy life and living in society has become a pleasant experience for me. Adding Kalari practice to it has just deepened my sadhana a lot. At the same time I notice that other men are not able to find this support system. When something untoward happens in their life they do not have much of a support system. The other men in their life just take them to drink alcohol, do substances or involve themselves in other self destructive activities or they bury themselves with a lot of motivational talks and books or working without sleep towards a goal which is just going to leave them drained and unhappy. Just like me, my friend Don who is my Engineering college classmate also struggled a lot with Alcohol issues and it was when his doctor said to him that you are going to die very soon that he decided to get his life back and trained under a Guru for 3 years and transformed his life with Kalaripayattu. He has ever since been teaching Kalari with the sole purpose of helping people around him. Through this workshop we intend to show you experientially how having other men who are on the same path can be hugely transformative for your own journey. In these 5 days you will be sleeping early, waking up early, eating good vegetarian food, doing a lot of physical activity. We will also be taking you to powerfully consecrated spaces. You will be in touch with the earth and water a lot. At the same time there is an idea going around that being spiritual you tend to be a boring person and cannot enjoy life like others around you. I have designed this package in such a way so that these 5 days will be the most enjoyable for you too. I hope to give you a glimpse of the natural beauty and splendour of Kerala. I really wish you give me this opportunity to make it happen for you. The whole purpose of this package is that at the end you realise the power of a sangha and how having other people on the same path can be hugely empowering for your own journey. Especially if you are going through a hard time this will be hugely supportive for you to reclaim your life and get back on track.

### **Things to note**

This program is in no way affiliated with Isha foundation. I am not a trained hatha yoga teacher or Inner Engineering teacher. No practice corrections or modifications will be given in this. Please contact your local Ishanga or hatha yoga teacher for any practice related queries. You can do the official programs by Sadhguru by downloading the Sadhguru app on IOS and Android. Also if you do not want this package and want a much more intensive Kalari training you can contact Don directly at his instagram @atmankalariyoga. Your well being and needs are of utmost importance to me and I can help you with no extra charge to connect you with Don so that you can plan a separate class for yourself.

### **Day 1: 21st February Wednesday**

Reach Kochi via train or flight. Reach Aluva metro station from there via metro and I will pick you from there and take you to Atman Kalari Yoga centre. Once everyone has reached, we

will visit Iringole Kavu Devi temple which is a beautiful Devi nestled in nature. It is highly unlikely you might have visited such a temple. Iringole Kavu is a forest temple dedicated to Goddess Durga. This is one of the 108 Durga Temples in Kerala believed to have been consecrated by Lord Parasurama, the sixth avatar of Lord Vishnu. After darshan of devi we will come back, have dinner and go to sleep early to wake up fully energised for our next day's session. [Iringole temple history](#)



#### Day 2: 22nd February Thursday

4:30am Wakeup

5:30 am-6:30 am We will sit together for Gurupooja and Shambhavi via the Sadhguru app

6:30am-8:00am Bhajans and Kalaripayattu workshop

8:00am- 10:00am Time for your remaining sadhana followed by breakfast. If you don't have any practices to do, you can support by volunteering in the kitchen to chop some fruits and vegetables

10am-6pm We leave for Fort Kochi for sight seeing and taking a dip in the beach followed by visiting Ernakulam Shiva Temple, also known as Ernakulathappan Temple. It is one of the major temples of Kerala, located in the heart of Ernakulam Kochi, Kerala, India. The temple, dedicated to Lord Shiva, is considered as the city temple, with the presiding deity as the protector of the city, as per local Hindu faiths and traditions

7:30pm Dinner

10:00pm Bedtime





Day 3- 23rd February Friday

4:30am Wakeup

5:30 am-6:30 am We will sit together for Gurupooja and shambhavi via the Sadhguru app

6:30am-8:00am Bhajans and Kalaripayattu workshop

8:00am- 10:00am Time for your remaining sadhana followed by breakfast. If you dont have any practices to do, you can support by volunteering in the kitchen to chop some fruits and vegetables

12am-6pm Wonderla water theme park for a day filled with adventure rides and water sports

7:30pm Dinner

10:00pm Bedtime



## Day 4 24th February Saturday

4:30am Wakeup

5:30 am-6:30 am We will sit together for Gurupooja and shambhavi via the Sadhguru app

6:30am-8:00am Bhajans and Kalaripayattu workshop

8:00am- 10:00am Time for your remaining sadhana followed by breakfast. If you dont have any practices to do, you can support by volunteering in the kitchen to chop some fruits and vegetables

10am-2pm A visit to paniyeli poru to take a dip in the stream and rejuvenate yourself after the Kalari workshop

4pm-6pm Kayaking in Kochi

7:30pm Dinner at Brindhavan veg restaurant

8:30pm Visit to Chottanikkara Devi temple [Know more about the temple](#)



Day 5 25th February Sunday

4:30am Wakeup

5:30 am-6:30 am We will sit together for Gurupooja and shambhavi via the Sadhguru app

6:30am-8:00am Bhajans and Kalaripayattu workshop

8:00am- 10:00am Time for your remaining sadhana followed by breakfast. If you dont have any practices to do, you can support by volunteering in the kitchen to chop some fruits and vegetables

12pm Checkout. I will drop you to the Aluva metro station from where you can go to the Airports and Railway stations. You can even extend your stay at Atman kalari if you want to to deepen your Kalari sadhana.

Also today if any of you want to stayback today after the session we can also visit Munnar which is a beautiful hill station nearby and comeback. We can just share the fuel expense and food cost for this day. This is just a suggestion. You can also go by bus to munnar but if all of us go together then we can keep the expense down. I would highly suggest this and if you want to try some of the local fish delicacies we can do this today

#### How to get here

So Kochi is well connected by roads, rails and flights. If coming by train, catch a train to the following stations - Ernakulam Junction(ERS), Ernakulam Town(ERN) or Aluva (AWY). From ernakulam junction and town you can catch a metro to Aluva where i will come and pick you up. If coming via flight book a flight to Kochi (COK). From there there is a feeder bus every half an hour outside the domestic airport which will bring you to Aluva metro station from where i will pick you up.

#### Things Included

1. Introduction to Kalaripayattu and learn a powerful practice called Kalari vandanam which you can practise on your own.
2. Pick and drop back to Aluva metro station
3. Vegetarian Breakfast and Dinner
4. Homestay (non AC rooms) on all days near the Kalari center (**I will also be staying with you guys**). If you wish to upgrade to AC rooms we can do that at a nominal increase in price.
5. Me and Don will be personally taking you to all the places mentioned in the itinerary in AC car
6. Water metro tickets
7. Wonderla entry fees
8. Kayaking fees
9. Panayeli stream entry fee
10. Washing machine available at homestay

#### Things Excluded

1. Lunch or any snacks that we buy on the way can be individually paid for or divided equally amongst us.
2. Entry fees to museums or other sights which you feel like visiting

Mandatory things needed

1. Should have completed Inner Engineering with Initiation into Shambhavi mahamudra
2. Bring enough clothes to change. In the Kalari we will be doing the practices after applying gingelly oil on the body. So bring 2-3 pair of compression shorts from decathlon

#### Payment

Total cost of package is 16,900Rs only. Pay an advance of 5000Rs to confirm your slot. Remaining amount you can pay on the day before arriving at the venue.

#### Cancellation Policy

2 weeks in advance - Full refund

1 week in advance- 50 percent refund

Less than a week-No refund