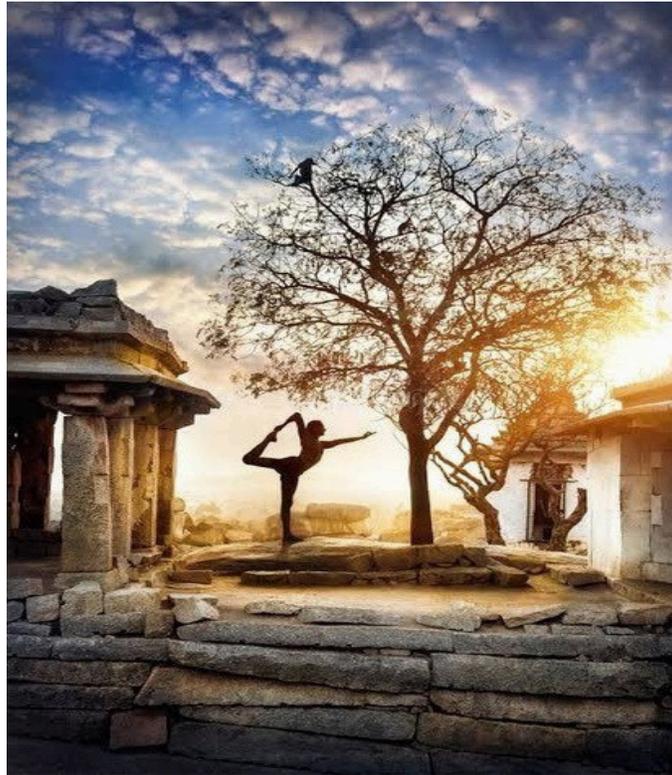


***Temples of the Five ELEMENTS:
A Journey to the Foundations of Existence***

SOUL INDIA/ BY ELENA

14 Days – 13 Nights

**Chennai → Pondicherry → Chidambaram → Trichy → Tiruvannamalai →
Kanchipuram → Kalahasti → Mahabalipuram → Chennai**



Discover the sacred Pancha Bhuta Sthalam — the five powerful temples of South India where Shiva embodies the fundamental forces of life: Ether, Air, Fire, Water, and Earth. This journey combines pilgrimage, yoga, meditation, Vedic astrology, and ancient wisdom in once-in-a-lifetime exploration of body, mind, and spirit.

WHY JOIN THIS RETREAT?

Connect with the elements: Visit ancient temples and feel the energy of Ether, Air, Fire, Water, and Earth. Spiritual Guidance: Palm leaf readings, Vedic ceremonies, and astrology consultations reveal insights into your destiny. Yoga & Meditation: Daily practices to harmonize body, mind, and spirit. Cultural Immersion: Explore South India's unique Dravidian architecture, sacred towns, and culinary delights. Relaxation & Reflection: End the journey with peaceful seaside retreats, massages, and mindful rest.

HIGHLIGHTS OF THE JOURNEY

Temples of the Five Elements / Visit South India's iconic Shiva temples:

Ether (Akash) – Chidambaram Nataraja Temple: Hear the transcendent sounds of creation.

Fire (Agni) – Arunachaleswarar Temple: Experience transformative purification and energy.

Water (Jala) – Jambukeswarar Temple: Connect with fluidity, nourishment, and receptivity.

Earth (Prithvi) – Ekambareswarar Temple, Kanchipuram: Ground yourself and embrace stability.

Air (Vayu) – Sri Kalahasteswarar Temple: Feel mental clarity, lightness, and expansive awareness.

Spiritual Practices & Ceremonies

Palm leaf readings:

We will visit an authentic **Palm Leaf Library**, where ancient sages (Rishis) are said to have left messages for souls who would one day seek guidance. Each participant can search for their personal palm leaf using fingerprints.

The messages are written in ancient code and interpreted by trained pandits. Readings include insights into destiny, karmic patterns, life purpose, and remedies.

If a leaf is found, you receive **specific guidance for harmonizing your life path**, often including recommended rituals or offerings.

Rarely, a leaf may not be available - this simply means the time has not yet come.

Vedic ceremonies and pujas: Harmonize planetary and elemental influences.

Yoga & meditation in temples: Deepen your connection with the sacred environment. Morning yoga whenever possible. Meditation in powerful temples and sacred sites. Evening group circles for sharing and integration.

Each element resonates uniquely within the body. Through guided practices, you will learn to **feel, listen to, and understand the language of the elements within yourself**.

Sacred Destinations

Tiruvannamalai & Mount Arunachala: Circumambulate the holy mountain on Surya Jayanti and meditate at Ramana Maharshi Ashram.

Brihadishwara Temple, Tanjavur: Marvel at UNESCO World Heritage architecture.

Mahabalipuram Coastal Temples: Sunset walks and guided exploration.

Authentic South Indian Experiences

Cuisine: Taste thalis, dosas, idlis, vadas, and regional delicacies.

Cultural immersion: Engage with locals, discover ancient traditions, and experience festivals.

Relaxation: Yoga, massages, spa, and serene seaside time to integrate your journey.

Included:

- Transfer to Chennai Airport for return flight.
- All yoga, meditation, and group practices.
- Palm leaf reading.
- Express Jyotish (Vedic astrology) natal chart consultation
- Guides throughout the entire route.
- All transfers and travel along the route.
- Accommodation in hotels with double occupancy and breakfast.
- All ground transportation

Facilitator





Elena E: Retreat facilitator, yoga teacher, astrologer, psychologist, somatic practitioner.

She specializes in Naadi astrology readings and Vedic ceremonies.

Elena bridges Eastern and Western wisdom traditions, supporting seekers in spiritual growth, embodiment, and life integration.

“For over 10 years I have been guiding people through India—not as a tour leader, but as a guide to meaningful experience. Travel, practice, and inner work all become doorways to your own source of harmony.”

This pilgrimage is an invitation to reconnect with the elemental forces of life receive guidance from ancient wisdom traditions experience India beyond tourism return home grounded, clear, and deeply nourished. Let the journey transform you.



ITINERARY

Day 1 – Arrival in Chennai | Meeting the Elements

Arrival of all participants in Chennai.

After meeting at the airport, we transfer to the hotel to rest and recover from the flight. This day is intentionally gentle, allowing the body and nervous system to adapt to India's climate, rhythm, and atmosphere.

In the afternoon or evening: Walk along the promenade of the Bay of Bengal. Time for shopping at a local mall (Indian clothing, shawls, light cotton wear). Dinner at a local restaurant. Watching the sunset by the ocean.

This is our first moment of connection as a group. We will get to know one another, discuss the journey ahead, and symbolically encounter all five elements—earth, water, fire, air, and ether — welcoming us into South India.

Day 2 - Chennai→ Pondicherry | Ganesha & New Beginnings

Morning yoga practice and breakfast.

Depart for Pondicherry (approx. 3-4 hours), a charming coastal town and former French colony with a unique blend of Indian and European culture.

Upon arrival, we will lunch at a French Indian fusion restaurant. Check-in and short rest.

In India, all new beginnings are traditionally blessed by Ganesha, the remover of obstacles. We therefore begin our pilgrimage with a visit to the Sri Manakula Vinayagar Temple. This powerful Ganesha temple is known for opening spiritual paths and removing inner and outer obstacles—an ideal way to start our journey.

Evening at leisure: walks, cafés, ocean breeze.



Day 3

Early morning visit to the ocean to welcome the rising Sun. We chant a special solar mantra that strengthens vitality, clarity, and our ability to manifest in the material world.

After breakfast, we depart toward Chidambaram. En route: Vaithishwaran Koil Temple – Shiva as the Divine Healer. Prayers for physical and emotional healing.

Optional bathing in the sacred Siddhamirtam tank.

Mangala (Mars) Temple – one of the Navagraha (planetary) temples.

Later in the day: Visit to an authentic Palm Leaf Library (Naadi Astrology).

Search for personal palm leaves using fingerprints. Individual readings with pandits.

Guidance on destiny, karma, and life purpose.

An accompanying astrologer will help interpret recommendations and explain which rituals can be performed during the journey and which later.



Day 4 – Ether Element | Chidambaram Nataraja Temple

Early morning visit for puja at the Chidambaram Nataraja Temple — the sacred site of Ether (Akasha Mahabhuta).

This is where Shiva is worshipped as Nataraja, the Cosmic Dancer. According to legend, it was here that Shiva performed the Tandava dance, setting the universe into motion.

Ether is associated with: Sound, Space, Higher knowledge, and meaning. We will meditate and attune to the subtle quality of ether—listening inwardly for deeper guidance and truth.

This temple is also connected with Patanjali, the author of the Yoga Sutras, and the ancient lineage of Dikshitar priests.

Rest of the day at a gentle pace, integration and reflection.



Day 5 – Sun, Planets & Sacred Architecture | Trichy – Tanjavur

Morning yoga and breakfast.

Travel toward Trichy, stopping along the way for Surya (Sun) Temple – Navagraha Puja. Ceremony to harmonize the influence of all nine planets. Strengthens destiny, clarity, and life direction.

Continue to Tanjavur and visit the majestic Brihadishwara Temple (UNESCO World Heritage Site). A masterpiece of Chola architecture. One of the most powerful Shiva temples in India.

Evening arrival and rest.



Tiruvannamalai



Day 6 – Water Element | Jambukeswarar Temple

Morning yoga and breakfast.

Visit to Jambukeswarar Temple – the temple of Water (Jala Mahabhuta). Built on an island. Natural water source beneath the lingam.

Water represents: Emotional flow, Receptivity, Nourishment and compassion.

Legend says Shiva taught Parvati here as Guru to disciple, symbolising the ability to absorb and integrate wisdom.

If time allows: Visit to Ranganathaswamy Temple (Vishnu complex) Later, we travel to Tiruvannamalai (approx. 3 hours).



Day 7 – Rest & Ramana Maharshi Ashram

A slower, restorative day.

Morning yoga. Time for massages, cafés, and shopping.

Afternoon visit to Ramana Maharshi Ashram. The ashram radiates stillness and clarity, supporting self-inquiry and inner silence. Meditation here often brings deep insight and peace.

Day 8 – Fire Element | Arunachaleswar Temple & Sacred Caves

Visit to: Arunachaleswar Temple – Fire (Agni Mahabhuta). Fire represents: Transformation. Inner power. Protection and divine grace. This temple is considered one of the most powerful Shiva shrines in India.

Afternoon, short hike on Mount Arunachala. Meditation in Ramana Maharshi's cave. Interaction with local life and monkeys. Panoramic views and mystical atmosphere.



Day 9 – Parikrama (Girivalam) around Arunachala

Sacred circumambulation of Mount Arunachala (approx. 14 km, 4–5 hours).

This practice is believed to grant: Deep purification, accumulation of spiritual merit, transformation without force.

We walk at a relaxed pace, stopping for: Temples, meditation, rest and reflection.

Evening sharing circle for integration.



Day 10 – Earth Element | Kanchipuram

Morning yoga and breakfast.

Travel to Kanchipuram, the city of a thousand temples.

Visit Ekambareswarar Temple – Earth (Prithvi Mahabhuta). Stability, structure, grounding, family well-being.

Legend tells how Parvati formed a lingam and preserved Shiva within it.

Visit Kamakshi Devi Temple – powerful Shakti Peeth.

Visit Vaikunta Perumal (Vishnu) Temple

Overnight: Kanchipuram / nearby area



Day 11 – Integration & Temple Exploration

A continuation of temple visits in and around Kanchipuram, allowing time for deeper connection, reflection, personal prayer and meditation.

This day provides grounding after intense elemental work.

Day 12 – Air Element | Kalahasti

Morning departure to Kalahasti (3–4 hours).

Visit to: Sri Kalahastishvara Temple – Air (Vayu Mahabhuta). Air represents: Clarity of mind, lightness, awareness.

Special Rahu–Ketu puja performed here, that help neutralize karmic disturbances, supports mental clarity and freedom from fear.

Day 13 – Ocean Rest | Mahabalipuram

Transfer to Mahabalipuram (approx. 4 hours).

After check-in and lunch, visit to the Shore (Coastal) Temple at sunset (UNESCO).

Guided walk and photography.

Evening at leisure.





Day 14 – Departure

Transfer to Chennai Airport for return flights.

"This journey is a living ritual, guiding you through sacred places to harmonize your inner self, cultivate clarity, and attune to the elemental forces that shape life."