
BIYOME
BioMedical Institute
of Yoga and
Meditation
BY CELIA ROBERTS

Overview >

Embark on a deeply transformative spiritual journey across India. Begin with a serene stay in Chennai before immersing yourself in meditation and self-inquiry at Sri Ramanasramam in Tiruvannamalai. Continue to the Isha Yoga Centre in Coimbatore for yoga and inner wellbeing practices. Conclude in sacred Varanasi, exploring ancient temples, the Ganges, and a meaningful excursion to Prayagraj, experiencing India's profound spiritual heritage and timeless traditions.

Itinerary Snapshot [17 Days] >

Dates	Location	Day Activity	Accommodation
25 Mar'27	Chennai	Arrive Chennai	Taj Coromandel
26 Mar'27	Tiruvannamalai	Drive to Tiruvannamalai	Sri Ramanasramam
27 Mar'27	Tiruvannamalai	At Retreat	Sri Ramanasramam
28 Mar'27	Tiruvannamalai	At Retreat	Sri Ramanasramam
29 Mar'27	Tiruvannamalai	Day excursion	Sri Ramanasramam
30 Mar'27	Tiruvannamalai	At Retreat	Sri Ramanasramam
31 Mar'27	Coimbatore	Drive to Coimbatore	Isha Yoga Centre
01 Apr'27	Coimbatore	At Retreat	Isha Yoga Centre
02 Apr'27	Coimbatore	At Retreat	Isha Yoga Centre
03 Apr'27	Coimbatore	At Retreat	Isha Yoga Centre
04 Apr'27	Coimbatore	At Retreat	Isha Yoga Centre
05 Apr'27	Varanasi	Fly to Varanasi	Guleria Kothi
06 Apr'27	Varanasi	Explore the city	Guleria Kothi
07 Apr'27	Varanasi	Explore the city	Guleria Kothi
08 Apr'27	Varanasi	Explore the city	Guleria Kothi
09 Apr'27	Varanasi	Day excursion to Prayagraj	Guleria Kothi
10 Apr'27		Fly to Delhi & Departure	

Journey >



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Detailed Itinerary >

Day 01	Arrive Chennai	25 Mar'27

Flight: TBA

On arrival in Chennai: Company representatives cannot come into the baggage collection area. Having cleared immigration, collected your luggage and passed through customs, please make your way towards the exit of the terminal building, where you will see a bank of people waiting for you. Amongst them will be our **Representative** who will be waiting to greet you with a paging board with your name on. Please note that the crowds can be enormous, and it is possible that you may not spot our representative, despite their making every effort to be as visible as possible, so please keep an eye out for them. You are then transferred to your hotel.





Accommodation: Taj Coromandel, Chennai
https://www.tajhotels.com/en-in/hotels/taj-coromandel-chennai

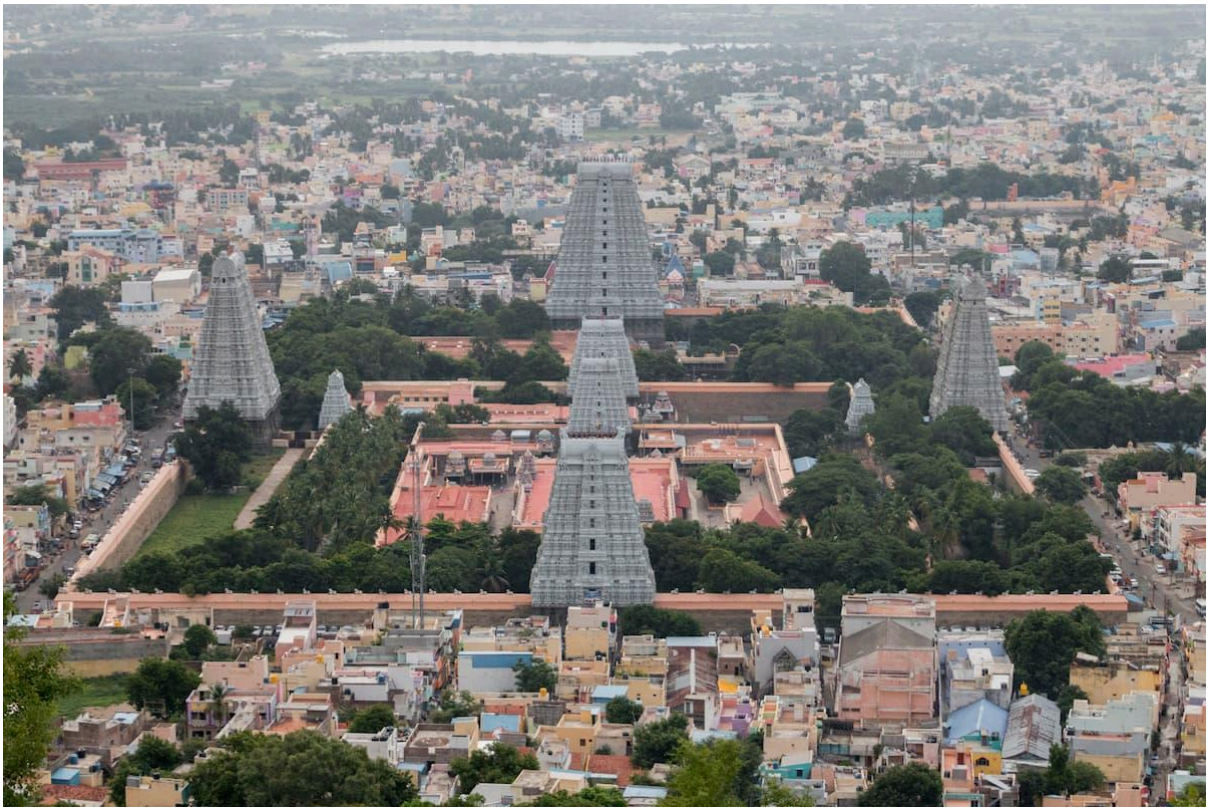
Chennai, formerly known as Madras, is a city of contrasts, where ancient temples stand tall amidst skyscrapers and traditional dance forms share the stage with contemporary art. A beautiful blend of South Indian traditions and modernity, Chennai, the capital of Tamil Nadu, is one of the important metro cities of India. Be its cuisine, culture or development, Chennai is a cultural hot spot and a leader in modern India.

The rest of the day is at leisure to relax or pursue independent activities.

We will have a welcome dinner.

Day 02 Drive to Tiruvannamalai 26 Mar'27

At an appropriate time, we will be driven to Tiruvannamalai [175 Kms: 04-05 Hrs]



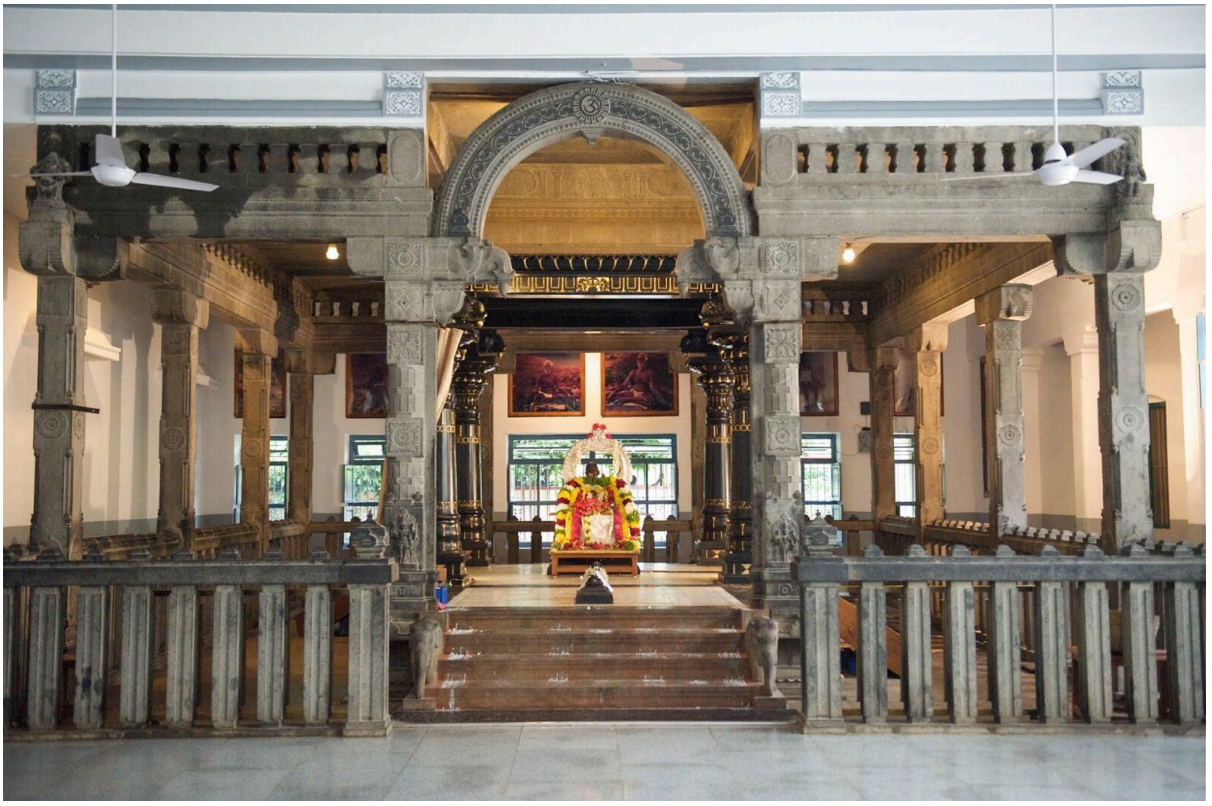
One of the most ancient heritage sites in India, the temple town of Tiruvannamalai is home to arguably the largest Siva temple in the world. A town filled with monolithic temples and hills, Tiruvannamalai has been and continues to be a leading spiritual destination and major attraction in Tamil Nadu. The stand-out feature of the town is the towering Arunachalam Hill – the temple mountain that is worshipped by circumambulation to seek the blessings of Lord Arunachala, in a tradition known as Girivalam.

On arrival in Tiruvannamalai, we will head to the **Sri Ramanasramam**, where we will be staying for the next five nights.

Located at the foothills of the sacred Arunachala Hill, Ramanasramam is a timeless refuge for those yearning for inner stillness and enlightenment. People from all walks of life are drawn to Ramanasramam in Tiruvannamalai, which is steeped in profound spirituality and history.

Day 03-05 In Tiruvannamalai 27-29 Mar'27

We will be spending our time at the Ashram.



Sri Ramanasramam is the sacred ashram of Bhagavan Ramana Maharshi (1879-1950), one of the most revered sages of modern India. Located at the foot of the sacred Arunachala Hill in Tiruvannamalai, this ashram was established around the saint who attained self-realization through the practice of self-inquiry (Atma Vichara). The ashram houses the samadhi shrine of Ramana Maharshi and continues to be a center of spiritual practice and meditation. Thousands of seekers from around the world visit to experience the powerful spiritual atmosphere and practice self-inquiry meditation. The ashram maintains the simple, peaceful environment that Ramana Maharshi himself lived in, with the sacred Arunachala Hill providing a powerful backdrop for spiritual practice.

Day 06 In Tiruvannamalai 30 Mar'27

Today, we will head for an excursion to the **Thillai Nataraja Templ**e (Chidambaram)
[142 Kms: 03-04 Hrs: One way]



Located in the heart of Chidambaram, Thillai Nataraja Temple is one of the 5 most revered Shiva temples (Panchabhuta sthalas), each representing one of the 5 elements. This one represents air. The other four temples are: Thiruvanaikaval Jambukeswara in Trichy (water), Thiruvannamalai Arunachaleswara in Thiruvannamalai (fire), Kalahasti Temple in Kalahasti (wind) and Ekambareswara Temple in Kanchipuram (earth). The word Chidambaram (chid = consciousness + ambaram = sky) represents sky of consciousness. The Shiva idol in the Chidambaram temple is depicted as the Lord of Bharatnatyam in the Ananda Tandava posture. Hence, this is one of the few temples in India, where Shiva is represented in his anthropomorphic image instead of a Shivalingam. The dancing posture is thought to signify the continuity and motion of the universe that is sustained by him. Apart from this anthropomorphic form, the lord is represented in two other forms - in a semi-anthropomorphic form of a crustal lingam and as 'formless' in the empty space of the sanctum sanctorum (Chidambara-rahasyam). There are other deities residing within the temple complex, such as Shivakami Amman, Ganesha, Murugan and Vishnu. This is the only temple complex from the late Chola empire and is the earliest example of the usage of certain architectural styles that were followed by many temples in the later years.

From here, we will also head to **Vaitheeswaran Koil** - 27 Kms away.

Here's one of the nine Navagraha (associated with the planet Mars) temples, where Lord Shiva is worshipped as Vaidyanathar or Vaitheeswaran, the 'God of healing'. Welcome to the Vaitheeswaran Koil temple, some 2 hours from Thanjavur! Its presiding deity is Sri Vaidyanathan, while the Tamil name 'Vaitheeswaran' is derived from 'vaidya' (doctor) and 'ishvara' (God). The temple received contributions from various rulers and contains five inscriptions, mainly from the period of Kulothunga Chola I. These inscriptions detail renovations, constructions, and gifts to the temple. It is in the hymns of 7th-century Saiva nayanars, Tamil saint poets, and is classified as a Paadal Petra Sthalam, a temple revered by the nayanars. The temple is renowned for palm leaf astrology, known as Nadi astrology, and its Siddhamirtham tank is believed to contain water with healing properties. Legend has it that Shiva appeared here as a doctor to cure a devotee named Angahara of leprosy.



The temple features a five-tiered gopuram (temple tower), two inner gopurams, and spacious precincts. Walk till you reach the central shrine, housing the lingam of Vaitheeswaran. Surrounding the sanctum are metal images of Subramanya, Nataraja, Somaskanda, Angaraka, and stone sculptures of various deities. The Thaiyalnayaki shrine in the second precinct houses an image of Thiyalnayagi, believed to cure diseases. There's also a small shrine to Dhanvantari and a stone sculpture of Angaraka. The temple tree, a margosa (neem) tree, is believed to possess medicinal properties. Near the eastern gateway is the shrine of Adi temple, along with a metal image of Gangavisarjanar. The shrine of Angaragan (Mars) is located near the eastern gateway in the third precinct.

Day 07 Drive to Coimbatore 31 Mar'27

At an appropriate time, we will be driven to **Coimbatore** [345 Kms: 08-09 Hrs]

Welcome to Coimbatore, an alluring blend of stunning natural beauty, rich cultural heritage, and a booming textile industry that gives it the moniker "Manchester of South India." Surrounded by the breathtaking landscapes of the UNESCO World Heritage Site, the Western Ghats, Coimbatore is home to a host of scenic attractions, including rolling hills, cascading waterfalls, serene lakes, and awe-inspiring wildlife sanctuaries. Its scenic location in the lap of lush green hills also ensures that Coimbatore enjoys a delightful climate year-round.

On arrival in Coimbatore, we will head to the **Isha Yoga Centre**, where we will be staying for the next five nights.



Nestled in the foothills of Velliangiri on the outskirts of Coimbatore, this sacred space is dedicated to the four major paths of yoga, namely kriya (energy), gnana (knowledge), karma (action), and bhakti (devotion). It was founded by Sadhguru Jaggi Vasudev.

Day 08-11 In Coimbatore 01-04 Apr'27

We will be spending our time at the Centre.



Founded by Sadhguru Jaggi Vasudev in 1992, this center sprawls across nearly 150 acres and offers sanctuary to those seeking tranquillity for their mind and body. At the Isha Yoga Center, four distinct paths of yoga are practiced: Kriya (energy), Gnana (knowledge), Karma (action), and Bhakthi (devotion). These forms are designed to guide individuals toward achieving inner peace. Visitors can explore various attractions on the premises, such as Theethakunds, an artificial pool with a lingam, Spanda Hall, renowned for its calming meditation environment, Linga Bhairavi temple, Dhayanalinga, a yogic temple, and an Isha Home School & Rejuvenation Center dedicated to personal transformation. Volunteers are a common sight at this location, many of whom offer their services wholeheartedly to visitors. Structured schedules are laid out for prayers & Aarti.

Directly across from the Isha Centre stands an impressive statue dubbed "Adi Yogi," symbolizing Lord Shiva. This structure reaches up to 112 feet & is constructed from 20,000 iron plates weighing over 500 tons in total. It holds the Guinness World Record title for being the largest bust statue globally. This site becomes particularly magical during Maha Shivaratri celebrations when devotees engage in night-long mantra chanting & rituals.

Day 12 Fly to Varanasi 05 Apr'27

At time, we will be transferred to Coimbatore Airport, where we will board our flight to Varanasi, via Hyderabad

Flight: 6E 6421 – 1205/1335 & 6E 501 – 1615/1810 [layover of 02hr 40min in Hyderabad]
[No need to collect luggage at Hyderabad airport as we will ensure through check-in for everyone]

On arrival at Varanasi Airport, we will be met by our Representative and transferred to our hotel.

Accommodation: Guleria Kothi, Varanasi
https://guleriakothi.com/

Adorned with epithets like 'the religious capital of India' and 'the city of temples', Varanasi (Banaras) is the holiest of holy cities for Hindus and lies on the bank of Ganges. Not only does the city attract countless pilgrims, it's a place where many choose to spend their last days. Belief goes that the one who dies here attains eternal salvation. Said to have been founded by Lord Shiva himself, this place finds mention in the epic sagas of 'Ramayana' and the 'Mahabharata'.



The rest of the day is at leisure to relax or pursue independent activities.

Day 13-15 In Varanasi 05-08 Apr'27

Here are the experiences and visits we will take part in Varanasi:

Ganga Aarti Ceremony



This beautiful ritual makes every moment of the evening special and fills it with spiritual thoughts. It is performed with the brass lamps, which, accompanied by the mantra chant in the presence of the huge crowd, reverberate in the whole atmosphere. The Aarti is performed daily in the evening by a group of priests at the Dashashwamedhghat.

Kashi Vishwanath Temple



The beating heart of Varanasi, Vishwanath Temple, is dedicated to Lord Shiva and is the holiest of the 12 revered jyotirlingas in the country. One of the most famous Hindu temples, even its glimpse is said to be auspicious. It is difficult to ascertain the antiquity of the temple as it was repeatedly destroyed by the pre-Mughal Muslim invaders and later by Aurangzeb. However, the devotion in the hearts of the people of the city for Lord Shiva has outlived every such attempt. Every time the temple was destroyed, a new temple came up in its place. The temple that stands today was rebuilt by Queen Ahilyabai Holkar of Indore in 1777. In 1839, 42 years later, Maharaja Ranjit Singh gifted 820 kg of gold to the Vishwanath Temple. This gold was used to plate the shikhara and ceiling, and thus the temple is also referred to as the 'Golden Temple'. Apart from a Shivalinga, there are a number of small temples for deities, including Dhandapani, Kaalbhairav, Avimukteshwara, Vinayaka, Sanishwara, Vishnu, Virupaksha and Virupaksh Gauri in the complex. Also, there is a small well in the temple called the Jnana Vapi — the wisdom well. It is believed that the Jytorlinga was hidden in this well to protect it at the time of invasion, and the main priest jumped in the well with the Shivalinga in order to protect it.

Morning Boat Ride in the Ganges



Witness the heavenly beauty of the pious ghats and the delightful ambience of Banaras ! Behold the captivating beauty of the vicinity when the first rays of the sun touches the sacred lands of this holy city. Experience how life starts with devotion, spirituality and sacredness in Banaras. Assembling at the ‘AssiGhat’, embark on a boat ride in the holy Ganges. As the boatman rows through the holy waters, witness the sunrays touching the tranquil water. Beam through the mystique charm of Banaras and watch the entire city getting pleasantly washed away with the enchanting beauty of the rising sun! Besides witnessing the devotees performing different rituals and attaining solace, visit Manikarnika Ghat which is the largest cremation ground in Banaras. As the boat cruises back to the Assi Ghat, embark on a walking trail to the southern part of the city and explore its richness.

Discover and explore the cultural diversity of the holy city, and also witness the wrestlers practicing in the 'Akhadas', traditional Indian wrestling grounds.

Walk through the Riverfront Ghats



The walk starts at Asi Ghat, the southern end of the city, where the Asi River meets the Ganges. Pilgrims bathe in the ghats here to start their Panchatirthi pilgrimage. On the banks of the ghat, they pray to an open-air linga, the representation of the God Shiva.

From Asi Ghat, we will walk downriver. We will pass Tulsi Ghat (named after a great poet-saint), where the offices of the non-profit Sankat Mochan are located. They have been working on efforts to clean the Ganges River.

Next, we will pass the ashram of Anandamayi Ma and the 17th century palace of Maharaja Chet Singh, to reach Hanuman Ghat. The Hanuman Ghat area is home to a substantial South Indian community, and you can see them offering morning prayers at the ghat. This ghat is famous for its Hanuman (Monkey God) Temple and the temple of Ruru (The Dog) Bhairava. Your guide will tell you the stories of these deities.

The next ghat is Harishchandra Ghat, one of the two burning ghats of Varanasi. People in this part of the city believe this is the oldest ghat, surpassing Manikarnika in its sanctity. Here you can see the performances of ritual rites for the dead.

Continuing downriver, we come to Kedara Ghat, a busy ghat that is the sacred focus of the Kedara Khanda of the city. Further down is Chauki Ghat, where you can climb up to the top of the steps if you would like to see a huge tree with shrines to the Nagas, the serpent deities. We will then pass through a quieter section, where the dhobis (washermen) wash and lay out clothes. This part of the city is the Bengali Tola, settled by people from Bengal. There are

more ghats here, Mansarovar, Narada, Amareshwara and Chaunsathi Ghat. Each of these is named for specific deities, and the guide will tell you the associated legends.

Finally, we will reach the Dashashwamedha Ghat, where the walk ends at the temple of the popular goddess Shitala Devi, who cures ailments and pox.

Visit the Death Hostel



What does every Hindu want after death? No, it is not paradise but 'Moksha'. Moksha is the Hindu concept of liberation from the cycle of birth and rebirth. It is the time when you give up all materialistic pleasures and become one with yourself. Though freedom from the cycle of birth and rebirth, Moksha can be attained even while living, it is believed that attaining moksha on your death-bed frees you from the cycle of life-and-death and your soul is free ever-after that. A visit to Varanasi, considered the spiritual capital of India, is sacred for a variety of reasons. All Hindus and now fellow tourists believing in Indian culture and custom pour in from all corners of the country to take a dip in the river Ganges and wash off their sins, or to perform the last rites of their loved ones. However, there's another reason a few thousand devotees throng Varanasi. It is to enrol themselves in 'Mukti Bhavan' or Salvation House and attain moksha, which will free them from the cycle of life and death. In order to attain this salvation, they wait to die in this charity-run hostel. Mukti Bhavan has 12 rooms with a small temple and a priest and all facilities for the guests. There are many older people who visit the hostel and stay here. The hostel manager Bhairav Nath Shukla has been in charge and praying for the salvation of these dying souls for the past 44 years. He lives with his family in the same compound, and his family members are used to people dying in their hostel. While it is mostly for those who have no friends or family who come here to die, Mukti Bhavan has seen its share of deaths. The concept is very similar to the olden days, where Indians, after living the Grihastashrama and Vanaprasha, would go to Kashi. When

people said they were going to Kashi, it was assumed they would not return, as they would spend the remainder of their lives there and die there in hopes of moksha. Those who check in to die have to pay a minimal rent for accommodation or electricity, which is most of the time provided by the residents' families. Even those who cannot afford it are taken in. But there is only one condition, they will be allowed only if they are expected to die within 15 days. So, that those, who too yearn salvation, get the chance.

Visit to Sarnath



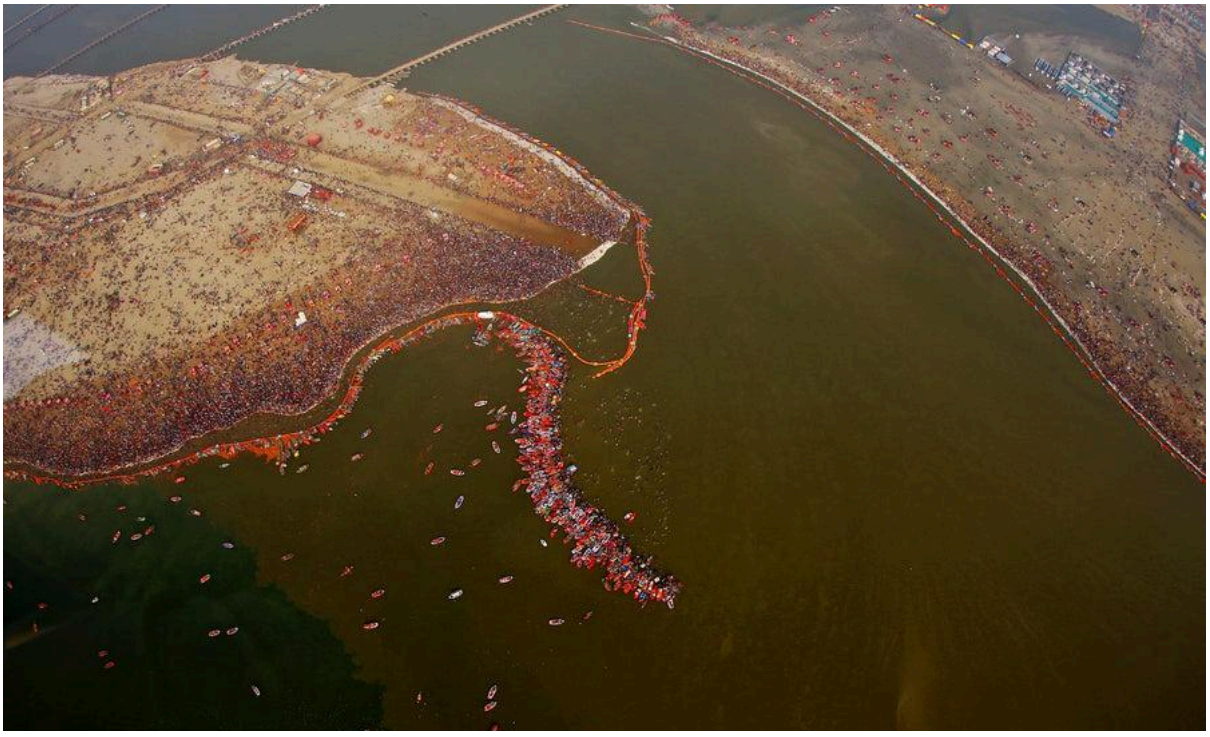
Lord Buddha had visited Sarnath looking for his five companions who had abandoned him in Rajgir while they deviated from the viewpoint of Lord Buddha on self-mortification. Here in the Deer Park, he delivered his first sermon, setting in motion the Wheel of Law (Maha-Dharmachakra Pravartan). The Emperor Ashoka (c 304 - 232 BC), who spread the Buddha's message of love and compassion throughout his vast empire, visited Sarnath around 234 BC and erected a stupa here. Several Buddhist structures were raised at Sarnath between the 3rd century BC and the 11th century AD, and today it presents the most expansive ruins amongst places on the Buddhist trail. The ruins, the museum and the temple are all within walking distance.

Day 16 Day Excursion to Prayagraj 09 Apr'27

Early morning, we will be driven to **Prayagraj** for an excursion.
[125 Kms: 02-03 Hrs: One way]

Prayagraj is situated at the confluence of three sacred rivers: the Ganga, the Yamuna, and the mythical Saraswati. This is one of the holiest spots for Hindus, where a dip is believed to cleanse the soul of all past sins and free it from the endless cycle of rebirth. Having passed through the hands of multiple rulers, Prayagraj became an epicenter of nationalist fervour during the Indian independence movement. Today, this thriving city is known for its cultural, literary, and religious activities.

On arrival in Prayagraj, we will head to the **Triveni Sangam**.



Triveni translates to "three braids," representing the three rivers that intertwine here. While the Ganga and Yamuna are physically visible, the Saraswati is believed to flow invisibly from beneath the earth, adding an aura of deep mysticism to the site. According to Hindu mythology, drops of the nectar of immortality (amrit) fell here during a cosmic battle, making the Sangam a powerful center for spiritual liberation (moksha). Whether you come for religious devotion or simply to witness the serene beauty of the vast river horizon at sunrise, the Sangam leaves a lasting impression on every traveller. We will take a boat ride along the river, with views of the imposing Mughal fort from the boat.

At time, we will return to Varanasi.

We will have a farewell dinner today.

Day 17 Fly to Delhi & Departure 10 Apr'27

At time, we will be met by our Representative and transferred to Varanasi Airport, where we will board our flight to Delhi.

Flight: TBA

On arrival at Delhi Airport, we will be transferred to the International Airport, where we will board our flight for home.

Flight: TBA

Bon Voyage!