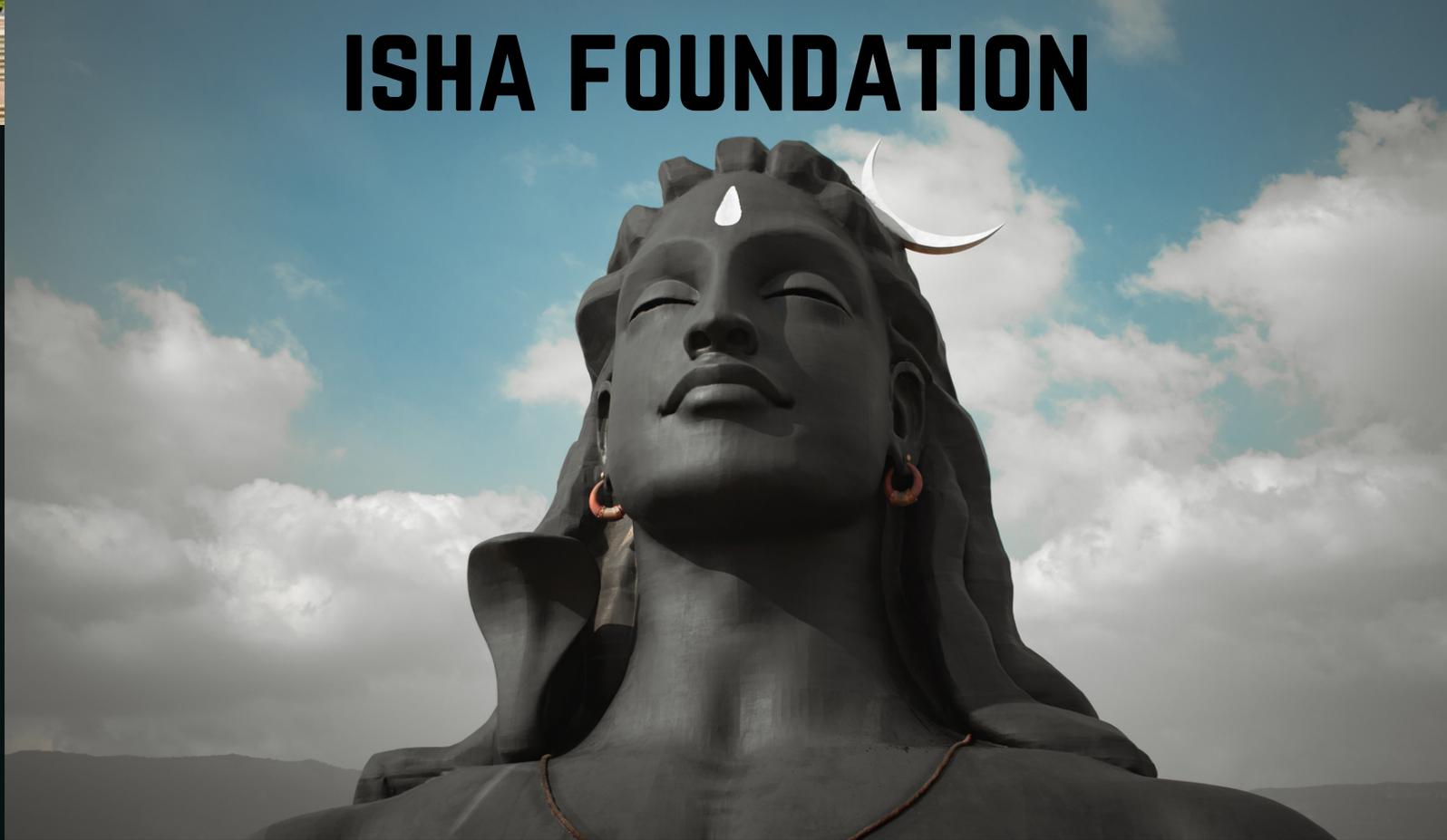




# ISHA FOUNDATION



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**Base City**  
Mumbai



**Duration**  
3 days



**Best time to Visit**  
June to Mar



**Trip Type**  
Leisure



**Minimum Age**  
2 Years



**Pickup point**  
Coimbatore Airport

### **BEST TRIP FOR SPIRITUAL LOVERS**

## **ISHA YOGA CENTER**

Isha Yoga Center is an ashram situated at the foothills of Vellaiangiri on the outskirts of Coimbatore in Tamil Nadu, India. It is the headquarters for the Isha Foundation and among the top places to visit near Coimbatore.

Isha Yoga Center was founded by Sadhguru Jaggi Vasudev two decades ago and is administered by the Isha Foundation. Sprawling over 150 acres of lush land, the ashram is dedicated to fostering inner transformation and creating an established state of wellbeing in individuals. The large tranquil residential complex houses an active international community of Brahmacharis who are full-time volunteers. It offers all four major paths of yoga - kriya (energy), gnana (knowledge), karma (action), and bhakti (devotion), drawing people from all over the world.

The Guinness Book of World Records has declared it to be the world's largest bust sculpture. The statue is named Adiyogi, which means 'the first yogi' because Shiva is known as the originator of yoga. The height of the statue, 112 feet, symbolizes the 112 ways to attain liberation from the cycle of death and rebirth that are mentioned in yogic culture. The number also represents the 112 energy points in the human body.

The Adi Yogi Alayam and Spanda Hall is the main hall where thousands of visitors gather to learn about the science of yoga and practice accordingly. The Vanaprastha accommodation on the premises was designed to give people with families the opportunity to come and be involved with the center. This place is not religion specific, and this is well-illustrated by the huge white edifice on the outside with symbols of all religions.

## Day 1

## WELCOME TO COIMBATORE

- Welcome to Coimbatore, Tamil Nadu and proceed to Isha Foundation.
- Visit the Adiyogi Shiva Statue which is 112 ft tall. It is recognized by the Guinness World Records as the "Largest Bust Sculpture" in the world.
- Explore the Isha Yoga Center. Sprawling over 150 acres of lush land, the ashram is dedicated to fostering inner transformation and creating an established state of wellbeing in individuals.
- Explore the Shiva statue in twilight as well as in night view.
- Overnight stay at/near Isha Yoga Center.



## Day 2

## COIMBATORE SIGHTSEEING



- Post breakfast, check-out and proceed for other excursions.
- Visit Siruvani Waterfalls - It is one of the popular waterfalls in Tamilnadu which provides an environment filled with freshness of nature surrounded by a vast expanse of greenery.
- Gedee Naidu Car Museum - it is one of the few vintage car museums in India, has a collection of unique cars not to be seen anywhere else in India.
- Pateeswarar Temple Perur - dedicated to Lord Shiva. The sculptures in the temple are very exquisite and intricately carved.
- Ukkadam-Valankulam Lake - Various birds including little grebes and purple moorhen can be seen in this lake.
- Overnight stay at Coimbatore.

## Day 3

## DEPARTURE

- Post breakfast, spend the time at leisure and take a return flight.
- End your trip with a bag full of memories.

## Inclusions

- **Accommodation** - Stay from Day 1 to Day 3 in decent Hotel
- **Meals** - Breakfast and Dinner on all days.
- **Charges** - All necessary permits and charges are included.
- **Transport** - All ground transportation by private vehicle with parking, toll, driver allowance.
- **Entry Tickets** - All entry tickets of the above sightseeing are included.

## Exclusions

- Train/Flight Fare (We will arrange on actual cost basis).
- Lunch during the tour.
- Food during transit to and from during train/flight journey.
- Anything apart from inclusions.