

The Heart of Silence A 21-day Retreat at Arunachala, India  
A Transformational Intensive Jan 17<sup>th</sup> – Feb 7<sup>th</sup> 2009

- **Your retreat package includes**
- 2 pre-trip orientation meetings with a slide show of amazing sights, information and experiences shared from past groups. Watch an informative film on Sri Ramana Maharshi and meet your fellow pilgrims.
- A complete detailed package of information including what to pack, pre-trip preparation guidance and detailed information on what you will want to know before you arrive
- Expert travel arrangement, guidance and support beginning at your doorstep and throughout your trip
- Welcomed by Melanie upon your arrival at Chennai Airport and transported by private coach to your room in Tiruvanmalai
- Individual accommodation with private bathroom in a select guest house
- Wholesome home cooked vegetarian meals
- Optional daily guided yoga practice and instruction
- Insightful and spiritually liberating program led by Melanie
- Exciting field trips to places of interest including a 2 nite stay in Pondicherry for relaxing, shopping and fun
- Receive darshan (blessings) from revered Swami's and known Saints.
- Learn and develop a meditation practice to quiet the mind
- Experience profound spiritual well being and be opened to self realization and the hearts liberation
- Meet likeminded individuals, make new friends and lifetime connections
- Safe, worry and hassle free travel with all the details taken care of
- Experience India and its rich culture
- An all inclusive package, all you need is personal shopping money and about \$100 for any extra costs not included in your retreat.

**Cost: \$1895 per person**

*(Does not include airfare) Vancouver to Chennai via Singapore Air is approx \$1765 which includes a one night stay in Singapore at a 4 star hotel.*

**Group size is limited to 16. Reserve your space early\*. This retreat always fills up fast!**  
**Deadline for registration is Sept 30<sup>th</sup>, 2008. \*Deposit required**

For more information contact:

**Melanie Trupp 250-339-5589 [www.GRACEFULJOURNEYS.com](http://www.GRACEFULJOURNEYS.com)**

All travel arrangements are done through Global Destinations a B.C. Government registered Travel Agency  
**Susan Davies, CTC Phone: (250) 703 – 2916 Toll Free: 1-866-902-3311**