



Exotic journey to a place of power and healing in the southwest of India

Ayurveda, Wellness and Yoga
Amazing culture and lovely people
Healing and delicious herbs

17.11. - 1.12.2023

"He who has visited India not only with his eyes but also with his soul will always yearn to return."

Hermann Hesse

You are joyfully invited to join the herbalist **Brigitte Addington** on this trip

For those wanting to go on this versatile and fascinating individual journey, I offer you my support by personally accompanying you and sharing my rich knowledge about India.

We will begin the journey as a small group travelling to the hotel „Indus Valley Ayurvedic Center“ in Mysore, in the southwest of India. It`s a very special magical oasis, far away from the hustle and bustle, where it`s possible to unwind and to heal body, mind and soul. The owner Dr. Talavane Krishna and his team will heartily welcome you!

It is a special and intense experience, to get to know authentic Ayurveda at its best, the most ancient holistic health care system of the world, in its country of origin. Our accommodation is one of the most outstanding Ayurveda facilities with excellent standards of hygiene, competent Indian doctors and therapists.

Daily individualised ayurvedic massages, yoga sessions and the tasty, vegetarian, mostly organic meals ensure energy, balance and support the detoxification and purification and the rejuvenation of the cell structure. Energy, abundance, beauty and serenity through Ayurveda, the ancient science of life is awaiting you!

Immerse yourself in the healing gardens of Indian plants and learn about their medicinal purposes, enjoy their use in the kitchen and get inspired by the secret plant spirit. Bright colours and unbelievable breathtaking contrasts will bewitch your senses on our daily trips. The Indian culture, magnificent landscapes, impressive temples, bustling places, colourful markets and lovely people will touch your inner being.



All day excursions are optional. For those who prefer to relax or who want to create an individualized plan, they can of course do so.

Look forward to this unique individual journey to India!

Costs: The price for the trip is 2,526 Euros for a double room (single room occupancy surcharge: 292 Euros). 10% for early bird booking until 31st December 2022. Travel expenses include transportation costs in India, the vegetarian, mostly biological, ayurvedic full board with herbal teas and drinking water. As well as a daily 1-2 hour, individual, ayurvedic treatment, yoga sessions and all group activities and classes and last but not least having a wonderful awesome time in an amazing country.

Not included in the price is the airfare to India, entrance fees, tips or items of a personal nature. There is also the possibility to extend the stay at your own expense.

I can also help you to book your flight and arrange the visa.

Information for those guests who will not be flying with us from Germany to India: The closest airport to our hotel is Bangaluru. You will be picked up by taxi from there and delivered to the hotel.

We recommend taking out complete travel health insurance, as well as a travel cancellation insurance. We are happy to assist you with this too.

Application deadline: 30.06.2023

Register to take part in this exotic trip in a timely fashion. Remember, independent travel has a different organizational background than travelling with a major tour operator.

To register and for further information please contact Brigitte Addington at

Worldwide Communication Center for Herbalists

Brigitte Addington
Herbalist and nurse (RN)

Erlenfeld 19a
D- 91056 Erlangen

Tel.: (+49) (0)9131 - 93 172 96



info@sonnetra.de | www.sonnetra.de

