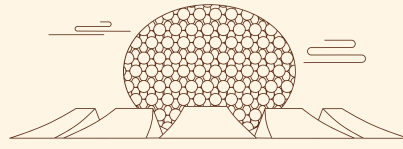


SLOW DOWN IN AUROVILLE



Travel itinerary

May 22 - 24 | 2026

*2N / 3Ds Unwinding and
taking a break in Auroville*

DAY **Arrival in Auroville**

1

*Friday
22.05.26*

- *Check in and Arrival in Auroville*
- *High - tea at Garden Cafe*
- *Cycle Tour and Mudpool*
- *Organic Locally Sourced Dinner*

DAY **Inner Exploration and Findings**

2

*Saturday
23.05.26*

- *Visit to the Inner Chamber Matrimandir*
- *Eco-printing Make and Take Scarf Workshop*
- *Lunch at Solar Kitchen*
- *Sound Journey*
- *Yoga Nidra*
- *Korean Dinner*

DAY **Farewells and Care**

3

*Sunday
24.05.26*

- *Sunrise Yoga*
- *Souvenir Shopping*
- *Closing Circle*
- *Check out*

Price Includes

- *Shared twin accomodation at a premium guest house with pool for 2 nights*
- *Food: High tea and dinner on Day 1. Breakfast, lunch and dinner on Day 2. Breakfast on Day 3*
- *All activities mentioned above*
- *All transport for the activities mentioned above in Auroville*

Price does not Include

- *Any food expenses not mentioned above*
- *Any transportation cost not mentioned above*
- *Transportation to and from Auroville*
- *Any expense of personal nature like tips, entrance fees, table drinks, laundry etc*
- *Any other expense not mentioned above*

Total Package Cost : 22,499 INR only

*For more details contact +91 8056058269 or
email us at info@insideindiaauroville.com*

Program Schedule

Day 1 22.05.26 Friday	
02.00 PM	Check-in at Neerja Guest House
3.00 PM - 4.00 PM	High-tea at Naturellement Garden Cafe
4.00 PM - 5.30 PM	Green Belt e-cycle and finish at Mudpool
7.00 PM - 8.30 PM	Organic and locally sourced dinner
Day 2 23.05.26 Saturday	
7.00 AM	Breakfast at Guest House
8 AM - 10.30 AM	Matrimandir Inner Chamber Visit
11.15 AM - 12.30 PM	Eco Printing Scarf Workshop
12.45 PM - 1.30 PM	Lunch at Solar Kitchen
3.00 PM - 4.00 PM	Sound Journey by Svaram
5.30 PM - 6.30 PM	Yoga Nidra by Radha
7.30 PM - 8.30 PM	Korean Dinner at Nowana

Program Schedule

Day 3 24.05.26 Saturday	
6.30 AM - 7.30 AM	Sunrise Yoga
8 AM - 8.30 AM	Breakfast at Guest House
10 AM - 11 AM	Closing Circle
11 AM	Check Out & Farewell

Getting There

Please arrange your travel to Auroville independently.

The nearest airport is Chennai (approx. 3 hours away) or Pondicherry (approx. 30 minutes away).

Our retreat location is Neerja Guest House, and we'll share exact directions and assistance closer to the date.

What to Bring

- *Comfortable, light and breathable clothing for movement and relaxation*
- *Footwear that can be easily removed*
- *Mosquito repellent*
- *A reusable water bottle*

As it will be summer in Auroville, we recommend carrying:

- *Sun protection (hat / cap, sunscreen)*
- *An umbrella or scarf for shade*

A Note on Auroville

Auroville is a lush, forested community, and much of our time together will be spent close to nature. With that comes the presence of insects and wildlife nothing unusual, just part of the environment. Auroville follows a quiet and mindful way of living. Smoking, alcohol, and recreational substances are not permitted within the community or at the guest house.

We also request maintaining a calm and peaceful environment, especially after 10 PM, in respect of the space and those around us.