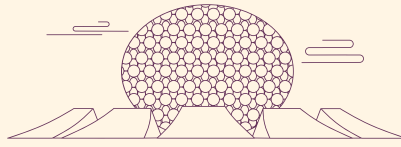


SLOW DOWN IN AUROVILLE



Travel itinerary

Oct 16 - 18 | 2026

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

DAY Arrival in Auroville

1

Friday

16.10.26

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

DAY Inner Exploration and Findings

2

Saturday

17.10.26

- *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

18.10.26

- *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 19,999 INR only

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

Program Schedule

Day 1 16.10.26 Friday

02.00 PM

Check-in at Sincerity Guest House

3.00 PM - 4.00 PM

High-tea and Opening Circle

4.00 PM - 5.30 PM

e-Cycle Auroville Tour

7.00 PM - 8.30 PM

Organic & locally sourced dinner

Day 2 17.10.26 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 & Evening Meditation

7.30 PM - 8.30 PM

Korean Dinner

Program Schedule

Day 3 18.10.26 Saturday	
6.30 AM - 7.30 AM	Sunrise Yoga at Beach
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 Sincerity 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 light rain in Auroville, we recommend carrying:

- *Sun protection (hat / cap, sunscreen)*
- *An umbrella or poncho for rain*
- *Footwear that you do not mind getting dirty*

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.