



Yoga in Mysore 2016

# A SMALL GROUP YOGA RETREAT IN MYSORE, S. INDIA WITH EMMA THOMAS

22<sup>nd</sup> September – 1<sup>st</sup> October 2017

This yoga retreat, at the historic Green Hotel, Mysore, co-incides with the Dussehra Festival. Dussehra is a famous festival in India, celebrating the triumph of good over evil, when Lord Rama, the seventh incarnation of Lord Vishnu, killed the 10-headed demon Ravana, and the Goddess Durga killed the buffalo demon Mahishashur. People from every part of India enjoy Dussehra with great enthusiasm.

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### INTRODUCTION

Ellison Roberts Tours and Emma Thomas have come together to present an autumn yoga retreat in Mysore, India. The group will comprise a maximum of 16 people.

The Ellison Roberts travel company, established in 2001, provides fully bonded tailor-made special interest tours to India and S E Asia.

Emma Thomas is known for her authentic, non-judgemental teaching style and compassion-centred beliefs.

Availing herself of continual practice and self-study, she encourages growth of the physical and spiritual self within the classes she teaches.

Emma started exploring Yoga in her early teens, she then went on to qualify as a Yoga teacher, moving on to teach various styles of Yoga to all ages and levels, Emma is an avid Ashtanga and Yin Yoga practitioner, she believes both styles are great for beginner and the more advanced student. She also enjoys adding meditation techniques into her practice and classes.

[www.emmathomasyoga.com](http://www.emmathomasyoga.com)

Mysore (or Mysuru), a city in India's Karnataka state, was the capital of the Kingdom of Mysore from 1399-1947. In its centre is the UNESCO World Heritage Site Mysore Palace, former seat of the ruling Wodeyar dynasty. The palace blends Hindu, Islamic, Gothic and Rajput architectural styles, and is dramatically lit at night. Mysore is also home to the centuries-old Devaraja Market, filled with spices, premium silk and sandalwood.



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### ITINERARY

- 22 Sept'17 Depart from the UK airport of your choice (Birmingham, Edinburgh, Glasgow, London Heathrow/Gatwick, Manchester or Newcastle). Flights will be with Emirates or Etihad Airways via Dubai and Abu Dhabi respectively.  
(You are welcome to make your own flight arrangements if you prefer).
- 23 Sept'17 On arrival at Bangalore airport you will be greeted and garlanded by the Ellison Roberts representative and taken by A/C vehicle to Green Hotel, Mysore.  
More than 100 years old and originally named Chittaranjan Palace, this palace was used as the residence of Mysore's princesses. At check-in you will be greeted by Linda Douglas. The day is at leisure



The Green Hotel

24 – 29 Sept'17 Yoga with Emma Thomas (programme details provided), plus visits to local art and craft workshops and free time.

Yoga programme details overleaf

30 Sept'17 Visit the Dussehra Festival celebrations

1 Oct'17 Transfer to Bangalore airport for your return flight to the UK

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If you would like a longer stay in S. India we can arrange an extension tour for you. You can explore Karnataka, Kerala and Goa quite easily.

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## The Yoga Programme

With Yoga Teacher Emma Thomas



### Day 1

Arrival, Meet and Greet, then a gentle Yoga practice to aid a good night sleep.

### Day 2

Morning, Practice before breakfast, an energising system of postures and breath work to awaken the body.

Midday is your chance to explore Mysore or have a day to rest in the gardens and soak in your surroundings.

Evening will consist of a softer practice such as Yin Yoga.

### Day 3

Morning, Practice before breakfast, exploring a traditional approach to Ashtanga (Beginner friendly) to build internal warmth and encourage strength and flexibility. Mysore is the birthplace of Ashtanga Yoga.

Midday is your free time to relax or do a spot of shopping.

Evening practice, Meditation and Yoga Nidra.

### Day 4

Morning, Dynamic Hatha with elements of flow, power, Ashtanga and Vinyasa.

Midday, Exploring a historic temple, attending afternoon lunch.

Evening practice, Yoga and Meditation before retiring for the evening.



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## Day 5

Morning, Yoga and Pranayama practice, exploring inner strength for inversions.

Midday, Free time, maybe taking a trip to the local Ayurvedic Spa.

Evening, Vinyasa Flow class and added restorative poses.

## Day 6

Rest day, spending the day exploring the local markets, sampling fresh coconuts and drinking chai masala from vendors.

Visit Mysore palace, afternoon lunch.

## Day 7

Morning, Ashtanga style practice, with added focus on heart openers and breath work.

Afternoon, Gift shopping, museums and a visit to the local park.

Evening, Meditation and Restorative yoga.

## Day 8

Morning, farewell breakfast and a morning stretch.



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Yoga at Green Hotel, Mysore, India

Price:

8 night yoga retreat in deluxe room	£550 per person
single supplement	£150
upgrade to suite	£200 per person
upgrade to Palace Room	£350 per person

Return flights (economy) 22 Sept – 1 Oct 2017\*

Edinburgh to Bangalore	£615
London to Bangalore	£550
Manchester to Bangalore	£475

\*Flight prices can change up to the point of purchase

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The price includes:-

Economy return flights as specified

8 nights' accommodation on twin sharing basis at the hotels mentioned above

Meal plan as stated above [BB: Bed & Breakfast; FB: Full board]

All transfers, sightseeing and excursions as per the itinerary will be by a chauffeur driven, air-conditioned vehicle as below:

For 2 persons: 1 Innova

For 4-6 persons: 1 Tempo Traveller

An Ellison Robert's representative for assistance on all arrival and departure transfers;

All currently applicable taxes, including the service tax applicable on the total invoice amount;

The price excludes:-

Expenses of personal nature like tipping, laundry, telephone/fax calls, alcoholic beverages, camera/video camera fees at monuments, medical expenses, airport departure taxes, where not included in the ticket price, etc.

Meals other than those specified above

Any insurance

Any visa fees

Any air-fare unless mentioned above

Any other services not mentioned in the inclusion



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## Special Notes:

UK, US, EC and citizens of most other countries require a visa to visit India and you will require a minimum of 6 months validity remaining on your passport from date of arrival.

You are responsible for obtaining visas yourselves but we will of course provide any guidance or assistance you may require. For single entry visits of up to 30 days UK, US and some EC citizens can use the e-TV online visa on arrival system which has simplified the application process and reduced the cost. Details can be found at <https://indianvisaonline.gov.in/visa/tvoa.html>

Journey times are approximate and may vary considerably due to adverse traffic or road conditions and the number and duration of stops along the way.

Air and train fares are indicative and are subject to confirmation at time of booking.

Check in time at the hotel is 1400 Hrs and check out time is 12 Noon

In case of any currency fluctuations, amendments to Government taxes, or any fuel price rises we reserve the right to adjust the tour price accordingly.

Any change in hotel or room category may attract a supplement or reduction in the tour cost.



An extension tour to other parts of India such as the Kerala backwaters can be included



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