



SAT NAM YOGA RETREATS | CHENNAI + ANDAMAN ISLANDS

## Day 1 - Welcome to Chennai

27 October 2027

### Arrival & Hotel Check-In

Arrive in Chennai and settle into your private room at Accord Chrome. Take time to refresh and relax after your journey.

### A Gentle Welcome

Meet your fellow travellers and the Sat Nam team for a relaxed introduction to the adventure ahead.

### Welcome Dinner

Enjoy your first evening together and discover the flavours of South Indian cuisine. Rest well before exploring Chennai.



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## Day 2 - Temples, Traditions & Festive India

28 October 2027

### Breakfast at the Hotel

Start the day slowly with breakfast before heading out together.

### Chennai Temple Experience

Discover beautiful local temples, learn about their history and traditions, and experience the spiritual atmosphere of the city.

### Festive Culture & Local Life

Explore colourful streets and local markets, soaking up Chennai's traditions and festive atmosphere.

### Traditional Family Cooking & Cultural Evening

Spend a special evening with a local family, learning about their traditions as they prepare authentic South Indian food for us. Share a home-cooked meal and experience the warmth of Indian hospitality. Planned for our Diwali celebration, subject to local arrangements.



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## Day 3 - Discover the Heart of Chennai

29 October 2027

### A Taste of South India

Enjoy breakfast and discover Chennai through its food, neighbourhoods and everyday culture.

### Cultural Exploration

Spend the day visiting local sights, browsing markets and experiencing the character of this vibrant coastal city.

### Free Time

Take a little time to shop, rest, or simply enjoy the moment at your own pace.

### Evening Together

Share dinner and prepare for tomorrow's journey to the Andaman Islands.



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## Day 4 - Journey to the Andaman Islands

30 October 2027

### Breakfast & Check-Out

Leave Accord Chrome and travel to Chennai airport for the domestic flight to Port Blair. Flight timing will be confirmed.

### Arrival & Deep Rest

Transfer to Sea Princes Beach Resort, check in, unpack and gently ease into island life.

### Welcome Circle

Gather in a warm, supportive space, meet one another more deeply and hear a simple overview of the retreat journey ahead.

### Welcome Dinner & Gentle Rest

Enjoy dinner together, followed by optional calming stretches and breathwork to unwind.



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## Day 5 - Gentle Energy & Self-Compassion

31 October 2027

### A Slow Morning

Enjoy breakfast in your own time, sleep in, or take a peaceful walk. Let the day begin gently.

### 11:00 am - Beginner Yoga & Breathwork

Explore foundational breathing techniques and accessible Hatha postures to build confidence and calm.

### Lunch & Free Time

Relax by the beach or pool, read, journal or book an optional spa treatment.

### 3:00 pm - Mindset Coaching with Jo

Session 1: Safe to Start. Explore what has been keeping you stuck and practise beginning without waiting for perfect timing.

### 6:30 pm - Dinner | 8:00 pm - Candlelit Yin

A full-body release with gentle, longer-held postures to settle the nervous system.



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## Day 6 - Heart Connection & Clarity

1 November 2027

### Optional Sunrise Beach Practice

A gentle early-morning practice of movement and mindfulness beside the ocean.

### 8:15 am - Heart-Opening Yoga & Meditation

Gentle Kundalini-inspired movement, breathwork, soft mantra and guided meditation.

### Breakfast & Free Morning

Enjoy quiet time to swim, journal, relax or explore.

### 2:45 pm - Mindset Coaching with Jo

Session 2: What's Really Stopping You? Explore fear, pressure and the courage to move forward.

### 4:30 pm - Sunset Yin Yoga

Unwind through restorative stretches and peaceful ocean-side stillness.

### Dinner & Bonfire Under the Stars

Gather for reflection, release rituals and meaningful connection.



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## Day 7 - Nervous System Reset & Inner Peace

2 November 2027

### Optional Digital Detox Morning

A chance to step away from distractions and reconnect with the present moment.

### 7:30 am - Walking in Stillness

A gentle meditation walk beside the ocean.

### 8:00 am - Radiant Morning Practice

An uplifting Kundalini-inspired session followed by breakfast.

### 10:30 am - Mindset Coaching with Jo

Session 3: Who You're Becoming. Reflect on what matters and how to move forward with clarity.

### Free Afternoon

Swim, relax, journal or enjoy island life.

### 5:00 pm - Letters to Your Future Self

A candlelit reflection ceremony with encouragement and intentions to revisit after the retreat.

### Dinner & Blissful Bedtime Practice

Close the day with quiet relaxation and rest.



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## Day 8 - Island Escape to Havelock

3 November 2027

### 6:30 am - Check-Out & Packed Breakfast

Take the morning ferry to Havelock Island (approximately 2.5 hours, subject to schedules).

### Arrive & Settle In

Check in at Havelock Exotic Beach Resort, enjoy lunch and refresh.

### Kalapathar & Radhanagar Beaches

Enjoy beautiful coastal walks, soft sands and swimming only in designated safe areas.

### 4:00 pm - Sunset Memories

A relaxed photography session to capture the beauty of the island and your time together.

### Dinner & Bonfire Gathering

Share gentle release rituals, reflection and warm chai beneath the stars.



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## Day 9 - Ocean Soul Day

4 November 2027

### 6:00 am - Breakfast

Prepare for a beautiful day on the water.

### 7:00 am - Elephant Beach Excursion

Enjoy white sands and turquoise water, with included snorkelling where conditions and operators permit.

### Optional Ocean Adventures

Sea walking, jet skiing and glass-bottom boat rides may be available at additional cost. Or simply relax on the beach.

### Dinner at the Resort

Come together after a day of exploring.

### 8:00 pm - Candlelit Yin & Yoga Nidra

Relax with supported Yin postures and a deeply restful guided Yoga Nidra practice.



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## Day 10 - Integration & Celebration

5 November 2027

### Breakfast & Ferry to Port Blair

Travel back to Port Blair, check in at AT Villa and enjoy lunch.

### Chidiya Tapu Beach

Discover peaceful coastal scenery and beautiful sunset views, subject to conditions and travel timing.

### Honouring Our Journey

Gather for a gentle reflection ceremony to celebrate growth, connection and everything you are taking home.

### 7:00 pm - Sat Nam Celebration Dinner

An evening of laughter, friendship and gratitude for this shared adventure.



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## Day 11 - Carrying Self-Love Home

6 November 2027

### 7:00 am - Gentle Travel Preparation Yoga

An optional grounding practice to stretch, breathe and settle before your journey.

### 8:00 am - Breakfast

Enjoy your final breakfast together.

### Departures & Heartfelt Farewells

Collect your thank-you gift and say goodbye, carrying the retreat's warmth and simple practices into everyday life.

### A Note on Your Journey

Activity times, flight and ferry schedules, cultural visits and weather-dependent experiences may change. Updates will be shared during the retreat.