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Isha Sacred Walks: The Southern Sojourn begins

110 participants from 17 countries explore temples of southern India

26 February 2019, Coimbatore: Southern Sacred Walks, an offering by Isha Sacred Walks, is a once-in-a-lifetime opportunity to embark on a journey to some of the most stunning temples in South India. Southern Sojourn happens each year around the time of Mahashivaratri in February-March. South Indian temples are a rich treasure trove of stunning design and colorful mythological tales. They hold great spiritual significance for pilgrims who travel from far and wide to visit these timeless marvels.

This year, the Southern Sojourn started on 24 February 2019 and will end on 1 March 2019. 110 participants from 17 countries in age group of 13–72 years are on the journey. They include pilgrims from India, China, US, Canada, France, Australia and other European and southern Asian countries.

The pilgrimage started with a tour of Isha Yoga Center followed by a Satsang ("communion with the truth") following which the group departed to Tiruvanmalai. On 25 February, the group visited Ramanashram and trekked up to Arunachala Hill and meditated in the caves where Ramana Maharshi spent over a decade in meditation. In the evening, the participants were involved in a special meditation process at Arunachaleswara Temple, the ancient Pancha Bhuta temple for Fire.

The pilgrimage will continue to Tiruchy where the pilgrims will visit Sadhguru Sri Brahma ashram and Thiruvanaikaval Jambukeshwarar Temple, the ancient Pancha Bhuta temple for Water, for a meditation process. They will also visit Brihadeeswarar temple in Thanjavur to witness the pinnacle of Chola architecture.

Finally, they will travel to Ramanathan Temple, the southernmost of the twelve Jyotirlingas which will be the last stop of the journey. The group will take a dip in 22 sacred water bodies and will also travel to Dhanushkodi, one of the last points on the Indian mainland.

The Southern Sacred Walks will culminate with Guru Pooja, an offering of gratitude to the great Masters of the past and present who have made vast spiritual knowledge available to us through the medium of temples and consecrated spaces.

Isha Sacred Walks

Isha Sacred Walks, organized by Isha Foundation, are journeys to places in India that hold deep spiritual significance. Illuminated by the grace of spiritual masters, countless seekers have made these journeys over many millennia to commune with the powerful energies of these spaces and experience a deeper dimension of their existence. Isha Sacred Walks include journeys to Mount Kailash and Lake Manasarovar, the Himalayas, the city of Kashi (Varanasi) and the ancient temples of southern India. Isha Sacred Walks is offered to large numbers of people through a dedicated group of volunteers, yoga teachers and highly qualified doctors.

Isha Foundation

Isha Foundation, founded by Sadhguru, is a volunteer-run, international non-profit, human service organisation dedicated to cultivating human potential. Isha Foundation is operated by over 9 million volunteers from more than 250 city-based centers spread worldwide. The Foundation is headquartered at Isha Yoga Center, set at the base of the Velliangiri Mountains in southern India, and at the Isha Institute of Inner Sciences on the spectacular Cumberland Plateau in middle Tennessee, USA.

If you would like to know more about this, please write to mediarelations@ishafoundation.org.