

**Spouse/Accompanying persons programme (sign up needed on or before 5th morning)**

**Rs. 5000/head**

Time	Details of the program	Venue
<b>Monday, 4th September</b>		
18:30 - 21:30	Welcome reception, cultural performances, and dinner	Open Air Theatre, IIT Madras
<b>Tuesday, 5th September</b>		
14:30 - 17:30	Gazing at silks and trinkets in the shopping district of Chennai	Shopping in city (With a guide)
<b>Wednesday, 6th September</b>		
07:30 - 08:30	Vipassana meditation: A life changer	Hotel Leela Palace, Lower level RBR-D
09:00 - 13:00	Traditional Chennai: Kapaleeswarar temple, Santhome Cathedral, Marina Beach	City sight-seeing (With a guide)
16:00 - 17:00	Tour and explanation of the art collection of Hotel Leela Palace	Hotel Leela Palace (start at main lobby)
18:30 - 22:00	Bharathanatyam dance performance and dinner	Hotel Leela Palace, Lobby level GBR
<b>Thursday, 7th September</b>		
06:30 - 07:30	Introduction to therapeutic yoga (wear light and easy clothes)	H. Leela Palace, Lower level RBR-D
09:30 - 10:30	Introduction to culture and heritage of India (presentation and discussion)	H. Leela Palace, Lower level RBR-D
<b>Other tour and event options (sign up needed on or before 5th Sept.)</b>		
09:00 - 19:00	Day trip to Mahabalipuram and Dakshina Chitra (including lunch)	Rs. 4000/head
12:00 - 13:30	Traditional vegetarian lunch at Annalakshmi Restaurant	Rs. 1400/head, including transportation



**Kapaleeswarar temple**



**Santhome cathedral church**



**Marina Beach**



**Mahabalipuram - Historic temples**



**Dakshinachitra - Cultural living museum of art, lifestyles, craft of south India**

For more details:

[www.mylaikapaleeswarar.tnhrce.in](http://www.mylaikapaleeswarar.tnhrce.in)

<http://thesanthomechurch.com>

<http://www.mahabalipuram.co.in>

[www.dakshinachitra.net](http://www.dakshinachitra.net)