

MYSTIC ART RETREATS
PRESENTS



Navagraha Nivaran

Change Your Personal Cosmology

NOV 29 - DEC 8 2026
TAMIL NADU, INDIA

✦ DETAILED ITINERARY ✦

Navagraha Nivaran: Reshaping Your Personal Cosmos

A 10-Day Transformative Pilgrimage · Tamil Nadu, India · Nov 29 – Dec 8, 2026

This immersion weaves together Vedic astrology, sacred yantra art, ancient temple worship and living culture into a journey of genuine cosmic realignment. Each day has been designed to deepen, ground and integrate your experience — from the inner world of the classroom to the living shrines of Tamil Nadu's most sacred Navagraha temples.



✦ DAY 1 — Sunday, November 29 ✦

Arrival in Chennai

Gateway to the Sacred

Welcome to Chennai, a city that pulses with ancient devotion and Dravidian splendour. Today is for arrival, settling in, and opening your senses to India.

Upon Arrival**✦ Airport Welcome & Transfer**

Our representative greets you at Chennai International Airport and escorts you to your hotel. Private air-conditioned personal transport to your hotel.

Afternoon**Check-In & Rest**

Settle into your room at a 4-star or best-available Chennai property. Time to rest, freshen up, and acclimate to India.

Early Evening**Welcome Gathering**

Your first gathering as a group — a warm introduction over chai. Anahita and Mavis welcome each participant, share the arc of the journey ahead, and invite brief introductions. Anahita shall give you a copy of your chart and dasha, based on a questionnaire you would have filled out before the yatra. Your time for an in-person consultation would also be advised to you.

Evening**Welcome Dinner**

A sattvik welcome dinner together — the first of many nourishing meals crafted with pure, plant-based Tamil cuisine free of onion, garlic and rajasic spices. Time for connection and quiet settling-in.

Night**Early Rest**

An early night is encouraged. The inner work begins tomorrow at sunrise.

Sattvik food — pure, wholesome, plant-based cuisine prepared without onion or garlic — will be the foundation of your nourishment throughout this journey. In Ayurveda and Yoga, sattvik food supports clarity of mind, lightness of body, and spiritual receptivity: the perfect preparation for temple worship and yantra practice.

✦ **DAYS 2-5: THE CHENNAI IMMERSION** ✦

Yantra Creation · Academic Learning · Living Culture

The first four full days are spent in Chennai in an intimate residential setting. Each day follows a rhythm designed to balance stillness, learning, creative practice, and cultural immersion. Mornings begin in the body. Days unfold through the mind. Evenings open into beauty.



Sacred yantra art in the Harish Johari tradition — the heart of Mavis Gewant's teaching

✦ DAY 2 — Monday, November 30 ✦

First Day of Immersion

Body · Mind · Drawing

The full rhythm of the immersion begins. You will move from pranayama to planets, from Sanskrit to sacred art and close the day with the living tradition of South Indian classical dance.

6:00 AM



Morning Pranayama & Yoga

A qualified yoga or pranayama teacher guides the group through a 60-minute morning practice. Breath-work and gentle movement to awaken the subtle body, open the nadis, and prepare for a day of receptive learning. Suitable for all levels.

7:30 AM



Breakfast

A wholesome sattvik breakfast served at the hotel. Fresh fruit, South Indian idli-sambar, porridges, and herbal teas.

9:00 AM



Academic Lesson: Introduction to the Navagrahas

Anahita Rao leads the first hour-long academic class. Today's session: an overview of the nine planetary deities — their attributes, domains of life, how they manifest in the birth chart, and the philosophy of upaya (remediation). You will begin to look at your own chart through this lens.

10:15 AM



Yantra Workshop with Mavis Gewant — Session 1

Mavis introduces the art and philosophy of yantra creation in the Harish Johari tradition. Learn the geometric principles, the relationship between sacred geometry and planetary energy, how to prepare your materials, and the meditative state required to work with intention. Today begins Rahu Yantra for those working with Rahu.

1:00 PM



Sattvik Lunch

A leisurely lunch — the main meal of the day, richly prepared with seasonal South Indian vegetables, dals, rice, and freshly made breads.

2:30 PM



Yantra Workshop — Continued

Afternoon session continues yantra work. Participants progress at their own pace under Mavis's attentive guidance. Each person works on the yantra(s) specific to their astrological chart: Rahu, Ketu, Shani or Mangal (Mars).

5:00 PM



Evening: Visit to a Bharatanatyam School

The group is taken to a renowned Chennai Bharatanatyam institution to observe a live practice session or performance. Bharatanatyam is one of India's oldest classical dance forms — deeply rooted in temple tradition and Natyashastra, the ancient treatise on the performing arts. Witness how devotion moves through the body in this living art form.

7:30 PM

 **Sattvik Dinner**

A light, nourishing dinner. Reflections shared informally over the meal.

9:00 PM

 **Evening Rest**

An early close to the day. Rest supports integration — the inner work continues in sleep.



✦ DAY 3 — Tuesday, December 1 ✦

Deepening the Work

Planets · Scholars · Sacred Geometry

The second full day in Chennai draws in a visiting scholar who contextualises these temples within the living civilisational tradition of Tamil Nadu.

6:00 AM



Morning Pranayama & Yoga

Continuation of morning practice with the yoga teacher. Today's session may emphasise sun salutations (Surya Namaskar) and breath retention (kumbhaka) in relation to planetary energies.

7:30 AM



Breakfast

Sattvik breakfast. Idli, dosa, upma, fresh coconut chutney, filter coffee or herbal tea.

9:00 AM



Academic Lesson: Shadow Planets — Rahu & Ketu

Anahita's second academic class. A focused study of the lunar nodes — their mythology, astronomical identity, and profound influence on the soul's evolutionary journey. Participants examine Rahu-Ketu's placement in their own charts and begin to understand what remediation means personally.

11:00 AM



Guest Scholar: Temple Iconography & Tamil Culture

A local scholar — an expert in Shaiva Agama, Dravidian temple architecture, or Tamil classical literature — visits to speak for approximately 90 minutes. Topics covered: the iconographic language of the Navagraha shrines, the tradition of shilpa shastra (sacred sculpture), the Chola-era temples and their astronomical alignments, and how Tamil culture has uniquely preserved the living tradition of planetary worship.

1:00 PM



Sattvik Lunch

The main midday meal. Today's menu may include freshly made sambar, rasam, kootu, avial and a selection of chutneys with steamed rice and papadums.

2:30 PM



Yantra Workshop with Mavis — Session 3

Afternoon yantra work progresses. Ketu Yantra and Shani Yantra are introduced for those working with these planets. Mavis gives individual attention to each participant, guiding layering of gouache in making of the yantra.

5:30 PM



Free Time / Optional Walk

Explore the neighbourhood, visit a local temple, or rest quietly. Chennai has beautiful sea-facing promenades and ancient neighbourhood temples open to visitors.

7:30 PM

 **Sattvik Dinner**

Dinner together. Anahita may hold an informal Q&A after dinner for those with questions about their charts.

Yantra assignment by chart: Each participant works on the yantra or yantras corresponding to their most challenging planetary placements — typically Rahu, Ketu, Shani (Saturn) and/or Mangal (Mars). Anahita and Mavis work together to assign and sequence the work meaningfully.



✦ DAY 4 — Wednesday, December 2 ✦

The Art Deepens

Integration

A day of focused creative practice and preparation for the pilgrimage that awaits.

6:00 AM



Morning Yoga & Meditation

A longer session today — 75 minutes. The teacher leads a practice that integrates pranayam, asana and meditation, inviting stillness before a day of deep creative focus.

7:30 AM



Breakfast

Sattvik breakfast. Fresh fruit, porridge, South Indian savouries.

9:00 AM



Academic Lesson: Shani & Mangal — The Karmic Teachers

Anahita's third class explores Saturn's role as spiritual disciplinarian and Mars as the force of action and karma. Special attention to what it means to carry difficult Shani or Mangal placements — and how remediation at their respective temples can shift the energetic field.

10:15 AM



Yantra Workshop — Refinement & Detail

Participants continue and refine their yantras. Mavis guides the group on the final layers. Discussion of mantra and meditation practice to accompany yantra use.

1:00 PM



Sattvik Lunch

2:30 PM



Guest Scholar — Second Visit: Ancient Tamil Astronomy & Ritual

The second and final scholar visit. Today's focus: the astronomical precision behind the Navagraha temple locations, the tradition of temple puja as a precise science, and the Tamil Siddha masters who codified these practices. A rare window into a living scholarly tradition.

5:00 PM



Free Time / Optional Walk

Explore the neighbourhood, visit a local temple, or rest quietly. Chennai has beautiful sea-facing promenades and ancient neighbourhood temples open to visitors.

7:30 PM



Sattvik Dinner

An unhurried dinner. The group begins to feel the building anticipation of the temple journey ahead.

✦ DAY 5 — Thursday, December 3 ✦

Completion in Chennai

Final Preparations & Departure for the Temple Circuit

The final morning in Chennai. Yantras are completed and blessed. The afternoon brings departure southward toward the sacred temple belt of Thanjavur-Kumbakonam.

6:00 AM



Morning Pranayam

The final Chennai morning practice — a grounding and energising session preparing body and spirit for the days of pilgrimage ahead.

7:30 AM



Breakfast

10:00 AM



Departure for Thanjavur / Kumbakonam Region

The group boards the private air-conditioned coach for the drive south to the Thanjavur-Kumbakonam region. En route, we make a special stop at the magnificent Brihadeeswarar Temple in Thanjavur — a UNESCO World Heritage Site and one of the greatest Shiva temples in India, a sacred threshold and benediction before embarking on the nine Navagraha temples. Following the guidance of our astrologer Anahita, receiving darshan at a Shiva temple before the Navagraha circuit is considered deeply auspicious; Shiva, as Mahadeva, presides over all the grahas. Brihadeeswarar is less than an hour from Kumbakonam, making it a natural and magnificent first stop on the southward journey. The drive continues through the heartland of Tamil Nadu — paddy fields, ancient tank irrigation systems, roadside temples and the timeless rhythms of rural India.

Evening



Check-In at Temple Circuit Hotel

Arrival and check-in at the accommodation in or near Kumbakonam. A 4-star or best-available heritage-style property that brings you into the atmosphere of this deeply sacred land.

Night



Light Dinner & Rest

A simple sattvik dinner. An early night in preparation for a pre-dawn start the following morning.

✦ **THE TEMPLE CIRCUIT** ✦

Days 6, 7 & 8: Pilgrimage through the Nine Sacred Shrines

The next three days are the sacred heart of the journey. Rising before dawn, the group moves from temple to temple — each shrine consecrated to a specific graha — performing puja, receiving blessings, and consecrating the hand-created yantras at their source. The structure of each day follows a rhythm of early departure, deep temple immersion, and gentle return.

Temple Protocol: Upon entering each temple, the group is guided by our English-speaking temple assistant and, where possible, by the officiating priest (pujari). Please observe complete silence during puja. Dress modestly — sarees, salwar kameez, or loose cotton clothing. Remove footwear before entering the temple precinct. Photography policies vary by shrine and will be communicated on the day.

✦ **DAY 6 — Friday, December 4** ✦

Temple Circuit — Day One

The Luminaries & the Beloved: Surya, Chandra & Sukra


We begin the temple circuit as tradition prescribes with Surya, the Sun, around whom all planets revolve. Starting with the luminary king anchors the entire circuit in solar consciousness and sets the right energetic foundation. Today we visit the Sun, Moon and Venus temples — the planets of soul, mind and beauty.

4:30 AM

 **Pre-Dawn Rise**

The most sacred pujas occur at dawn. Rise in silence, dress in clean clothing, and gather for a brief meditative invocation led by Anahita before departure.

5:15 AM

 **Departure for Sooriyanar Kovil**

The coach departs for Sooriyanar Kovil — the Surya (Sun) temple — approximately 25 minutes from Kumbakonam.

5:45 AM

 **Sooriyanar Kovil — Surya (Sun) Navagrahastalam**

The Sun temple near Kumbakonam is uniquely aligned so that sunlight falls directly on the main deity during specific solar events. Surya puja at sunrise is among the most energetically potent of all temple experiences — the planetary king honoured at the very moment of his rising. The group participates in the morning puja. We begin as tradition dictates: at the centre, with the light around which all else revolves.

✦ TEMPLE SPOTLIGHT ✦

Sooriyanar Kovil

Surya Navagrahastalam · The Sun / Surya

Dating to the Chola period, this temple is dedicated to Lord Naganathaswamy (Shiva) with Rahu as the presiding Navagraha deity. Rahu, the shadow planet of illusion, obsession, ambition and karmic entanglement, is propitiated here to dissolve confusion, overcome addictions, heal from poisoning, and accelerate spiritual evolution. The main Rahu shrine, uniquely, faces south-west — the direction of the serpent energy. Milk offerings turn visibly discoloured in a phenomenon ascribed to the temple's extraordinary shakti.

8:30 AM

 **Prasad & Light Breakfast**


A simple breakfast is taken near the temple — fresh fruit, nuts, and prasada (temple offerings). The mood is one of quiet absorption.

9:30 AM

 **Departure for Thingaloor**

A short drive to the Chandra (Moon) temple at Thingaloor — approximately 25 minutes.

10:00 AM

 **Kailasanathar Temple, Thingaloor — Chandra (Moon) Navagrahastalam**

The Kailasanathar Temple at Thingaloor is dedicated to Chandra — the Moon, planet of mind, emotions, mother, nourishment and inner world. A cooling, receptive energy following the solar radiance of Sooriyanar Kovil. The Moon temple brings a quality of reflection and gentleness — a reminder that consciousness needs both the solar and the lunar.

✦ TEMPLE SPOTLIGHT ✦

Kailasanathar Temple, Thingaloor

Chandra Navagrahastalam · The Moon / Chandra

Thingaloor is the Moon's own temple — the Chandra Navagrahastalam. Chandra governs the manas (mind), emotional life, the mother, nourishment and the subconscious. Worship here is particularly powerful for those experiencing mental turbulence, emotional instability, or seeking clarity of perception. The gentle, reflective atmosphere of this temple is a beautiful counterpoint to the solar fire of the morning.

12:00 PM

 **Travel to Kanjanur**

Approximately 45-minute drive.

1:00 PM



Agneeswaraswamy Temple, Kanjanur — Sukra (Venus) Navagrahastalam

The Agneeswaraswamy Temple at Kanjanur is dedicated to Sukra — Venus, the planet of beauty, love, art, creativity and material pleasure. Particularly auspicious for artists, creative practitioners, and those seeking harmony in relationships. A deeply fitting temple for a journey that weaves sacred art at its centre. The group offers worship and closes the first day of the circuit with the planet of grace and beauty.

✦ TEMPLE SPOTLIGHT ✦

Agneeswaraswamy Temple, Kanjanur

Sukra Navagrahastalam · Venus / Sukra

Kanjanur is Venus's sacred home in the Navagraha circuit. Sukra governs kama (desire), artistic expression, relationships, wealth, and the capacity for joy. The Agneeswaraswamy temple has a unique significance: legend holds that Venus himself performed tapas here to regain his powers after losing them. Worship at Kanjanur is said to restore grace, harmonise relationships, remove creative blocks, and bring material prosperity. A luminous close to the first day of pilgrimage.

3:00 PM



Sattvik Lunch

A proper lunch taken at a quality restaurant near the temple. The afternoon is unhurried — the morning's intensity is given time to settle.

4:00 PM



Free Time at Agneeswaraswamy Temple, Kanjanur

Explore the temple tank, the outer corridors, the local market of ritual flowers and offerings. Simply sit with what arose in the morning.

6:00 PM



Return to Hotel

7:30 PM



Sattvik Dinner & Sharing Circle

Anahita facilitates a brief group sharing after dinner — what arose, what was noticed, what feels different. These conversations often become the most memorable moments of the journey.

✦ DAY 7 — Saturday, December 5 ✦

Temple Circuit — Day Two

Karma & Liberation: Shani, Rahu & Ketu

Today is the most karmically potent day of the circuit — we visit the three planets most associated with karmic challenge and spiritual evolution: Shani (Saturn), Rahu and Ketu. Saturday is sacred to Shani, making this the most powerful day of the week to seek his blessings. Note: during our yatra, Ketu will transit from Leo into Cancer — a significant planetary movement that makes this visit especially timely.

5:00 AM



Pre-Dawn Rise & Invocation

5:45 AM



Departure for Thirunallar

6:30 AM



Thirunallar — Shani Navagrahastalam

The most celebrated Saturn temple in South India — drawing thousands of devotees every Saturday. The legend of King Nala and Damayanti unfolds here: Shani's influence drove Nala to madness and loss, and his liberation from Shani's clutch through surrender and worship here is the founding story. The atmosphere on Saturday mornings is extraordinary — the air thick with incense, the sound of Shani mantras, priests performing elaborate pujas. This is planetary remediation in its rawest, most direct form.

✦ TEMPLE SPOTLIGHT ✦

Darbaranyeswarar Temple, Thirunallar

Shani Navagrahastalam · Saturn / Shanaischarya

Thirunallar is the supreme Shani kshetra — a place of pilgrimage for those in Sade Sati (Saturn's seven-and-a-half year transit), Dhaiya (Saturn's 2.5-year transit), or any difficult Saturn period. The legend of King Nala — liberated from Shani's affliction through sincere worship here — has drawn devotees for over two millennia. The Shani shrine is housed within the Darbaranyeswarar (Shiva) temple. Oil lamps, black sesame offerings, and iron are the traditional offering materials. Saturday morning puja draws thousands of devotees, creating a powerful field of collective devotion.

9:00 AM



Temple Prasad & Breakfast

10:30 AM



Thirunageswaram — Rahu Navagrahastalam

One of the most powerful Rahu temples in India. A rare and extraordinary phenomenon occurs here: when milk is offered to Rahu, it visibly turns blue-grey — a sight witnessed and documented for centuries. After the gravity of Thirunallar, the serpentine energy of Rahu at Thirunageswaram offers a completely different experience — confronting, transformative, and deeply liberating.

12:30 PM



Keezhperumpallam — Ketu Navagrahastalam

Naganathaswamy Temple dedicated to Ketu, the South Node. Ketu governs liberation, mystical experience, spiritual gifts and detachment. Unlike Rahu's compulsive desire, Ketu seeks dissolution — pointing toward moksha. This is a temple of deep stillness. The group offers worship and consecrates Ketu yantras here. A moment for profound inner silence — completing the shadow-planet circuit in one powerful day.

2:30 PM



Sattvik Lunch

4:00 PM



Integration Rest

An unscheduled afternoon — rest, journal, sit quietly, or explore at leisure. Three days of temple immersion moves deep energy; rest is an essential part of the work.

7:00 PM



Sattvik Dinner

8:30 PM



Optional: Journalling Prompts with Anahita

Anahita shares a set of contemplative questions for private reflection — what is Shani calling you to release? What is Guru offering? What relationship with beauty are you being invited into?

✦ DAY 8 — Sunday, December 6 ✦

Temple Circuit — Day Three

The Warrior, the Wise & the Messenger: Mangal, Guru & Budha

The final day of active pilgrimage completes the Navagraha circuit. We visit Jupiter, Mars and Mercury — the wise teacher, the warrior, and the cosmic messenger. We begin close to Kumbakonam with Alangudi (Jupiter, ~17 km), then travel outward to Vaitheeswaran Kovil (Mars, ~50 km), and finally complete the circuit at Thiruvenkadu (Mercury, ~65 km) in the afternoon — the furthest of the three, well worth the journey. We close with the group yantra consecration ceremony.

5:30 AM



Early Rise — Departure for Alangudi (Jupiter Temple)

A brief pranayam practice at the hotel before departure.

6:30 AM



Alangudi — Guru (Jupiter) Navagrahastalam

The Abathsagayeswarar Temple at Alangudi is dedicated to Guru — Jupiter, the planet of wisdom, expansion, grace and good fortune. Blessings here are sought for prosperity, knowledge, children, teachers, and spiritual guidance. A joyful, expansive energy — the great teacher offering benediction as the circuit nears its completion. Being the closest of the three temples to Kumbakonam (~17 km), we begin here at dawn.

8:30 AM



Vaitheeswaran Kovil — Mangal (Mars) Navagrahastalam

One of the most celebrated temples in Tamil Nadu — and among the oldest, with references in the Valmiki Ramayana. Vaitheeswaran Kovil is the Mars (Angaarakan) shrine, where Lord Shiva manifests as the Divine Physician who cures all ailments. This temple is particularly powerful for those with Mars afflictions, health challenges, legal disputes, and unresolved anger. The group performs puja and consecrates Mars yantras here.

1:00 PM



Thiruvenkadu — Budha Navagrahastalam

The Swetaranyeswarar Temple at Thiruvenkadu is dedicated to Budha — Mercury, the planet of intelligence, communication, trade, discrimination and skill. Note that Thiruvenkadu is located further afield than the other temples — the additional travel is well worth the journey. discrimination and skill. Auspicious for students, writers, speakers, and those seeking clarity of mind.

2:30 PM



Celebratory Sattvik Lunch & Free Time

A festive meal marking the completion of the temple circuit. The group is invited to share one word or image from their pilgrimage experience. Rest, wander, journal. The afternoon is unhurried and unscheduled.

7:00 PM



Sattvik Dinner

✦ DAY 9 — Monday, December 7 ✦

Return to Chennai

Reflection & Farewell

The pilgrimage is complete. Today the group returns to Chennai — time for deeper reflection, final sharing, and the transition back toward everyday life.

7:00 AM**Morning Practice & Breakfast**

A final morning practice in the temple belt. Breakfast at the hotel.

9:00 AM**Departure for Chennai**

The coach journey north to Chennai — approximately 6–7 hours. The drive is an opportunity for reflection, conversation, or simply watching India pass by.

Afternoon**Journey Integration**

On the road, Anahita may hold an informal group session — reviewing what each planet's temple stirred, suggesting ongoing practices, and giving final chart guidance for those who wish.

4:00 PM**Arrival & Check-In, Chennai**

Return to the Chennai hotel. Time to rest, refresh, and prepare for the final evening.

7:00 PM**Closing Ceremony & Farewell Dinner**

A beautiful closing gathering. Anahita and Mavis offer final reflections on the journey. Each participant shares a word or gesture representing what they carry home. The yantras — completed, consecrated, and charged are celebrated as living companions for ongoing practice. A sattvik farewell dinner with the full group.

9:30 PM**Final Night**

An early close. The final night of the immersion.

✦ DAY 10 — Tuesday, December 8 ✦

Departure Day

Carrying the Cosmos Within You

The journey ends — but the inner work continues. Today participants depart for their onward flights, carrying with them a living yantra, a deepened chart understanding, and a renewed relationship with the planets that shape their lives.

Morning



Breakfast

A final sattvik breakfast together, according to individual flight schedules.

As Required



Airport Transfers

Private transfers to Chennai International Airport are provided at times coordinated with individual flights.

"The planets in our charts represent not fixed fates but a dialogue between our karma and our consciousness. You are not a victim of cosmic forces — you are a conscious participant in your own evolutionary unfoldment." — Anahita Rao

✦ THE JOURNEY AT A GLANCE ✦

DAY	DATE	LOCATION	HIGHLIGHTS
1	Sun, Nov 29	Chennai	Arrival, welcome dinner
2	Mon, Nov 30	Chennai	Yoga · Anahita class · Yantra begins · Bharatanatyam Performace
3	Tue, Dec 1	Chennai	Yoga · Rahu-Ketu lesson · Scholar visit · Yantra
4	Wed, Dec 2	Chennai	Yoga · Shani-Mars lesson · Scholar visit · Yantra completion
5	Thu, Dec 3	Chennai → Kumbakonam	Departure south · Brihadeeswarar Temple stop ·
6	Fri, Dec 4	Temple Circuit	Sun · Moon · Venus temples
7	Sat, Dec 5	Temple Circuit	Shani · Rahu · Ketu temples
8	Sun, Dec 6	Temple Circuit	Jupiter · Mars · Mercury temples
9	Mon, Dec 7	Kumbakonam → Chennai	Return journey · Closing dinner
10	Tue, Dec 8	Chennai (Departures)	Farewell breakfast · Airport transfers

Mystic Art Retreats · Navagraha Nivaran · November 29 – December 8, 2026

Limited to 8 participants · USD 2,500 single occupancy · Installment payment available

Mukul Purohit · mp@mysticart.org · +91 98101 15366 · mysticart.org

