

MYSTIC ART RETREATS
PRESENTS



Navagraha Nivaran

Change Your Personal Cosmology

NOV 29 - DEC 8 2026
TAMIL NADU, INDIA

NAVGRAHA NIVARAN

Change your personal cosmology

November 29 – December 8, 2026

A Transformative Yatra for Planetary Remediation

About This Journey

Welcome to a transformative 10-day pilgrimage that bridges the ancient wisdom of Vedic astrology with the sacred art of yantra creation. This retreat offers a rare opportunity to work directly with planetary energies at their most potent source: the legendary Navagraha temples of Tamil Nadu while learning to create personalised yantras as tools for cosmic realignment.

Reshaping Your Personal Cosmos is not merely a temple tour; it is a profound spiritual intervention designed for those seeking genuine astrological remediation (upaya) and karmic transformation. Under the guidance of renowned Vedic astrologer Anahita Rao and celebrated sacred artist Mavis Gewant, participants will journey through nine ancient temples, each dedicated to a specific planetary deity, with particular focus on the shadow planets Rahu and Ketu, and the great taskmaster Shani (Saturn).

This retreat combines:

- Personalised astrological chart preparation and analysis
 - Sacred temple visits with traditional pujas performed by temple priests
 - Hands-on instruction in yantra painting and consecration
 - Daily spiritual practices and planetary remediation techniques
 - Immersion in Tamil temple culture and tradition
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Why Navagraha Upayas?

The Ancient Tradition of Planetary Remediation

The practice of seeking planetary remedies (upayas) at sacred temples has been integral to Vedic spiritual practice for millennia. The Navagraha temples of Tamil Nadu hold a particularly revered position in this tradition, with some temples dating back more than 3,000 years. References to Vaitheeswaran Kovil, for instance, appear in the ancient text of Valmiki's Ramayana.

According to sacred legend, the great sage Kalava was suffering from serious ailments including leprosy. In his devotion, he prayed intensely to the Navagrahas—the nine planetary deities. The planets were pleased by his sincere devotion and offered him a complete cure. This foundational story established the precedent that the planetary deities, when properly propitiated, possess the power to alleviate human suffering and transform karmic patterns.

Why People Seek Upayas

In Vedic astrology, the planets (grahas) are understood not merely as celestial bodies but as conscious cosmic forces that influence human consciousness and destiny. Each of the nine grahas—Surya (Sun), Chandra (Moon), Mangala (Mars), Budha (Mercury), Guru (Jupiter), Shukra (Venus), Shani (Saturn), Rahu (North Node), and Ketu (South Node) govern specific aspects of life and consciousness.

When planets occupy challenging positions in one's birth chart or undergo difficult transits, they can create obstacles, delays, confusion, health issues, relationship difficulties, and professional setbacks. These challenges are understood as karmic lessons or opportunities for growth and evolution, but they can nevertheless cause genuine suffering. Upayas (remedies) are prescribed actions designed to harmonize one's relationship with planetary energies. These may include:

- Mantra recitation specific to each planet
- Gemstone wearing aligned with beneficial planets
- Charitable acts performed on specific days
- Fasting and dietary observances
- Temple visits and ritual worship (puja)
- Creation and meditation upon planetary yantras

Of all remedial measures, direct worship at temples specifically consecrated to planetary deities is considered among the most powerful, as these sacred sites function as energetic portals where the veil between the human and cosmic realms grows thin.



The Potency of Tamil Nadu's Navagraha Temples

The nine Navagraha temples scattered across the Thanjavur-Kumbakonam region of Tamil Nadu are renowned throughout India as the most potent sites for planetary remediation. Because these nine temples are geographically clustered together, they are traditionally visited as a continuous circuit to harmonize all planetary influences at once.

- Surya Navagrahastalam – Sooriyanar Kovil
- Chandra Navagrahastalam – Thingaloor
- Angaarakan Navagrahastalam – Vaitheeswaran Kovil
- Budha Navagrahastalam – Thiruvenkadu
- Guru Navagrahastalam – Alangudi
- Sukra Navagrahastalam – Kanjanur
- Shani Navagrahastalam – Thirunallar
- Raahu Navagrahastalam -Thirunageswaram
- Ketu Navagrahastalam – Keezhperumpallam

Several factors contribute to their extraordinary spiritual power:

Core Factor	Details
Ancient Consecration	Built during the Medieval Chola reign (7th–11th centuries). Centuries of continuous ritual practice have accumulated massive spiritual energy.
Architectural Precision	Designed in the classical Dravidian style with 5-tiered <i>rajagopurams</i> . Features precise astronomical and geometrical alignments that amplify planetary vibrations.
Primary Deity Worship	Unlike most temples, the <i>grahas</i> (planets) themselves are the primary deities here, making them uniquely responsive to planetary remediation.
Geographical Clustering	Situated in a compact region, allowing pilgrims to visit all nine systematically for comprehensive planetary balancing.
Living Ritual Tradition	Priests (<i>pujaris</i>) maintain unbroken lineages, using precise Agamic protocols, mantras, materials, and timings to target planetary afflictions.

For astrologers worldwide, recommending a pilgrimage to these temples represents the gold standard of planetary remediation. The combination of sacred geography, architectural design, ritual expertise, and accumulated spiritual power creates conditions where profound karmic shifts become possible. While this retreat honours all nine planetary deities, we give special attention to the three planets most associated with karmic challenges and spiritual evolution: Rahu, Ketu, and Shani.

Insights from World-Class Astrologers

This retreat's curriculum draws upon the teachings of internationally recognized Vedic astrologers including:

Anahita Rao: Known for her Nakshatra-based predictions and karmic pattern recognition, she emphasises spiritual practice as an essential complement to astrological knowledge. Anahita shall be co-leading this yatra.

Ernst Wilhelm: Renowned for systematic analysis of planetary yogas and remedial measures, particularly concerning Saturn and the nodes.

Komilla Sutton: Celebrated for her compassionate approach to difficult planetary periods and expertise in panchanga to determine auspicious timings.

K.N. Rao: Legendary Indian astrologer whose research on Rahu-Ketu transits and Saturn's role in spiritual development has shaped modern Jyotish practice.

Freedom Cole: Known for integrating traditional Jyotish with psychological understanding, particularly in navigating Rahu-Ketu axis challenges.

Their collective wisdom informs us that planetary challenges are not punishments but invitations to consciousness evolution. The temples become laboratories where we consciously engage with these cosmic forces and reshape our relationship with destiny itself.



Your Cosmic Transformation Awaits

The ancient sages understood what modern seekers are rediscovering: we are not victims of cosmic forces but conscious participants in our evolutionary unfoldment. The planets in our charts represent not fixed fates but dialogue between our karma and our consciousness.

This retreat offers a rare convergence of authentic astrological wisdom, sacred art practice, and direct energetic work at India's most potent planetary temples. Under the guidance of Anahita Rao and Mavis Gewant, you will learn to read the cosmic signatures in your chart, work with powerful yantra tools for ongoing practice, and directly interface with planetary deities through traditional temple worship.

Whether you are struggling with difficult Saturn transits, confused by Rahu's illusions, disconnected by Ketu's detachment, or simply seeking to harmonize your relationship with cosmic forces, this pilgrimage provides transformative opportunities for genuine remediation and spiritual evolution.



The Navgraha temples have witnessed millions of pilgrims over centuries, each seeking to reshape their personal cosmos. Now it is your turn to join this ancient lineage of seekers who understand that while we cannot always change our circumstances, we can transform our consciousness—and in doing so, we reshape destiny itself.

Join us for this profound journey into the heart of Vedic wisdom, where astrology becomes lived experience and sacred art becomes spiritual practice.

Your Teachers

Anahita Rao – Vedic Astrologer



Anahita Rao was born in New Delhi, India, and has lived and travelled across the globe, bringing a unique international perspective to the ancient wisdom of Jyotish. Influenced by her father's aptitude in jyotish, and growing up around Vedic traditions, Anahita developed a curiosity for vedic astrology in her childhood years. From a cherished hobby to a devotional study spanning decades, Anahita has completed certificate courses with respected vedic astrologers in India and the West.

Her deepest inspiration to practice astrology as a path of service came from her association with the Art of Living and her guru, Sri Sri Ravi Shankar. Anahita places importance on remedial measures, including spiritual practices, to support karmic balance, emotional healing, and a more conscious life.

Prior to dedicating herself fully to astrological practice, she was a dual-qualified practicing lawyer who established a successful, internationally renowned firm in London. This combination of rigorous analytical training and spiritual devotion brings exceptional depth to her chart readings.

Her approach integrates the evolutionary understanding that the soul moves along a karmic path, where each incarnation reflects unfulfilled desires, actions, and thoughts from past lives.

Mavis Gewant – Yantra Teacher & Senior Faculty



Mavis Gewant, MA, CD, CLC — Sacred Artist, Labor & Postpartum Doula, Birth Educator — is a devoted teacher and creator whose life's work flows at the intersection of art, spirituality, and the sacred cycles of birth. For over 30 years, she has shared her gifts as a painter and educator in the Harish Johari Tradition, illuminating the connection between creativity and the divine.

As a senior faculty member with Mystic Art Retreats, Mavis is a beloved guide for students around the world. Each year, she leads a Sacred Painting Workshop in India, where participants are invited into deep stillness, devotion, and self-discovery through sacred art. Her presence is gentle and steady — a sanctuary of compassion — as she holds space for her students and clients with profound patience and care.

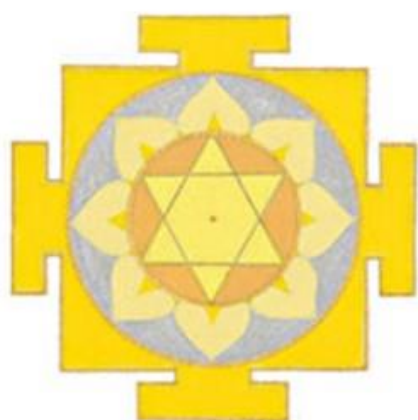
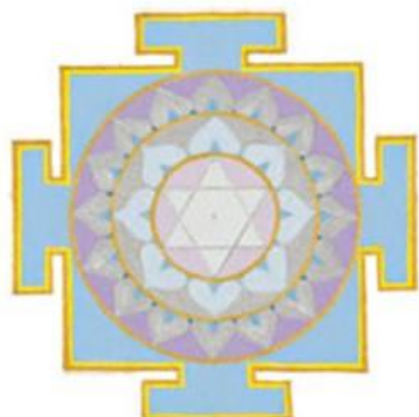
Believing that pregnancy, birth, and the postpartum journey are sacred gateways, Mavis earned her Master's degree in Pre & Perinatal Psychology from the Santa Barbara Graduate Institute. For more than a decade, she has gently guided birth healing circles and shared her wisdom as a presenter at the APPPAH Birth Psychology Conference. Her devotion to the wellbeing of mothers, babies, and creative souls reflects her radiant embodiment of the Sacred Mother.

From childhood, Mavis felt that creating art opened a doorway to something vast and soulful within her. Trusting her inner voice, she followed her calling to New York City, where she studied at the School of Visual Arts and earned her BA in Visual Arts from SUNY Empire State College.

In her early twenties, destiny led her to meet Harish Johari, with whom she apprenticed for twenty transformative years. Under his loving guidance, she learned to paint Yantras, Mandalas, and Deity Forms — sacred geometric expressions of divine energy. Through this practice, Mavis deepened her communion with the sacred and found her purpose as a teacher, sharing the beauty and healing inherent in sacred art.

A master of the Harish Johari Wash Painting Technique, Mavis layers watercolor and gouache to create luminous images that resonate with devotion and balance. Her artwork is held in private collections around the world and graces several publications, including *The Planet Meditation Kit* by Harish Johari, *The Labyrinth of Birth* by Pam England, and *The Practice of Nada Yoga* by Baird Hersey. In 2016, she released her *Planet Mandala Coloring Book for Adults*, inviting all to experience the meditative joy of sacred creation.

Her most recent journey with Mystic Art Retreats, titled *Heart of Hanuman*, led participants through powerful temples of India, where they created the Hanuman Yantra — art as prayer, love, and devotion in motion.



Fees & Other Practical Information

USD 2500 payable in installments on single occupancy

Program Inclusions

- 9 nights accommodation in 4* plus or best available hotels (single occupancy)
- All meals from lunch on Day 1 through breakfast on Day 10 including bottled water daily
- Private air-conditioned coach for all group transportation
- All temple entrance fees and puja ceremony costs
- Personalised astrological chart and consultations with Anahita Rao
- Group chart analysis sessions and teachings
- All yantra painting materials and instruction by Mavis Gewant
- Temple blessing ceremony for completed yantras
- English-speaking guides and temple protocol assistance
- All airport transfers on arrival in Chennai

Not Included

- International airfare to/from Chennai
- Travel insurance (strongly recommended)
- Personal expenses (shopping, spa treatments, etc.)
- Tips for guides, drivers, and hotel staff
- Additional temple offerings or personal pujas beyond group ceremonies

Registration and Contact Information

This retreat is limited to 8 participants to ensure intimate group dynamics and personalised attention from both Anahita and Mavis. To register or inquire about this transformative immersion, please contact:

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When you are on a Mystic Art Retreats tour, every detail is taken care for you so you can relax and truly experience each moment. Airfare to India for overseas participants and Chennai for domestic participants is not included in the price of your trip. Please contact your local travel agency or the airline directly to make any arrangements you may need.

TESTIMONIALS FROM PAST CLIENTS

Thank you so much ... It was an amazing experience, and I will cherish our adventure into this mystical & magical country. One of the highlights was the opportunity to be in such amazing company with beautiful like-minded ladies from around the globe. I personally would love to see everyone in another future retreat. --A.F.

I truly enjoyed my experience at this Retreat and thank you for making it all possible. It has been said one never steps in the same river twice, having made this crossing, I've come away with so much that will resonate for a very long time. --M.K.

My first trip to India with Mystic Art Retreats was the perfect introduction to a country and culture I'd long wanted to experience. One part spiritual, one part artistic, the retreat had a profound impact on my spiritual path as well as the reclamation of myself as a creative person. - --S.A.

Your enterprise looks to be precisely the kind of work that needs to be done to bring these art traditions into full conversation with the contemporary global viewing public / market.

Weather & What to Expect

Climate in Tamil Nadu (Late November – Early December)

The period from late November through early December represents the ideal season for visiting Tamil Nadu. The region experiences pleasant winter conditions during this time, with the intense summer heat well past and comfortable temperatures prevailing.

Temperature Range:

Daytime highs: 28-30°C (82-86°F)

Evening/night lows: 20-22°C (68-72°F)

Conditions:

The weather is generally dry and comfortable, though Tamil Nadu receives its primary rainfall from the northeast monsoon during October through December. By late November, the heaviest rains have typically subsided, but occasional light showers remain possible. The humidity is moderate, and the temperatures are perfect for extensive temple visits and outdoor activities. moderate, and the temperatures are perfect for extensive temple visits and outdoor activities.

