

# Day Trips from Bangalore



## Day Trip: Bangalore → Art of Living → Pyramid Valley → Bangalore

### Highlight

- Spiritual immersion at **Art of Living International Center**.
- Meditation experience inside the **giant Pyramid at Pyramid Valley**.
- Peaceful retreat amidst greenery, just outside Bangalore.

### 06:30 AM – Departure from Bangalore

- Drive towards **Art of Living International Center, Kanakapura Road** (approx. 30 km / 1 hr).

### 08:30 AM – Arrive at Art of Living Ashram

- Guided tour of the ashram campus.
- Visit the **Vishalakshi Mantap** (iconic meditation hall with stunning architecture).
- Spend time in the gardens, Goshala (cow shelter), and serene lake area.
- Optional: Participate in morning satsang/meditation if available.

### 11:30 AM – Departure for Pyramid Valley

- Drive towards **Pyramid Valley International** (approx. 20 km / 30–40 mins).



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## 12:15 PM – Arrive at Pyramid Valley

- Explore the **Maitreya-Buddha Pyramid**, one of the world's largest meditation pyramids.
- Experience group or silent meditation inside the pyramid.
- Walk around the landscaped gardens and small shrines.

## 02:30 PM – At Leisure

- Attend short talks, browse the bookstore, or relax in the peaceful environment.

## 05:30 PM – Depart for Bangalore

