



BABAJI'S KRIYA YOGA PUBLICATIONS

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## **KRIYA YOGA PILGRIMAGE TO THE HIMALAYAS**

**August 30 to September 17, 2018**

**with Acharyas Ganapati and Annapurna**

Acharyas Ganapati and Annapurna will lead a small group of Kriya Yoga students on a pilgrimage to Badrinath, which is associated with Babaji's life and realization. It will be an unforgettable experience in the homeland of Yoga, which will inspire and enable you to appreciate the rich cultural tapestry, which has given birth to Babaji's Kriya Yoga.

On a pilgrimage, one seeks to come close to the Divine by meditating in sacred places that provide a terrestrial "doorway" to the Infinite and the Absolute. One may easily experience the "Divine Presence" in such a place as Badrinath, which has been sanctified by the spiritual practices of many yogis and saints. There will be group practice of Kriya Yoga and satsang at least twice daily to deepen your experience. There will be outings to various places of interest, including Vasudhara Falls, Vyasa Gufa, Neelakantan Peak, Badrinath Temple and the hot springs bathing ghat. The main focus on this pilgrimage will be on our practice, on doing our sadhana in Badrinath and in the area of Mana, which is the doorway to Babaji's Etheric Ashram at Santopanth Tal..

We have scheduled this pilgrimage to coincide with the time of year when the weather is the most pleasant in the Himalayas: after the monsoon period, cool, with perhaps a few cold evenings. The hotels have also been carefully selected, as much as possible for their Western style comfort and facilities. Ground transportation will be in a comfortable bus. We will slowly travel to Badrinath, spending several days in Rishikesh/Hardwar to acclimate.

### **HIMALAYAS PILGRIMAGE TRAVEL SCHEDULE: September 1-18, 2016**

**THURSDAY August 30:** Depart from N. America to New Delhi. If leaving from Europe, depart by Friday August 31, 2018.

**FRIDAY August 31:** Arrive in New Delhi around 11 p.m. Stay at Country Inn & Suites in Sahibabad, Ghaziabad, 35 km north of Delhi.

**SATURDAY September 1:** Depart at 9:30 a.m. for Rishikesh by bus. Stay at the at Divine Resort Hotel on Ganges for 4 nights.

**SUNDAY September 2 :** Spend the day visiting ashrams in Rishikesh.



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**MONDAY September 3 :** Spend the day visiting ashrams in Rishikesh. Visit Ram Jula, 6 pm evening puja to the Ganges;.

**TUESDAY September 4 :** Visit the caves and ashrams in the Rishikesh area.

**WEDNESDAY September 5:** Leave **Rishikesh for Rudraprayag**, 150 km journey, 6 hours travel time. Night halt. Stay at the Monal Resort Hotel. Visit prayag river junction.

**THURSDAY September 6: Rudraprayag to Badrinath.** 160 km by bus. 7.5 hours travel time. Move into the apartments of the new ashram. 8 nights.

**FRIDAY September 7:** Group sadhana early every morning. Orientation visit to Badrinath in morning. Yoga class every day at 3:30 pm followed by group sadhana, dinner at the ashram, and kirtan or lecture in the evening.

**SATURDAY September 8:** Morning visit Badrinarayan Temple and Tapt Kund. Sacred bath. First mantra yagna at the ashram in early afternoon.

**SUNDAY September 9:** Visit Mana. Visit Vyasa Gufa cave, and the confluence of the Saraswati and Alakananda Rivers.

**MONDAY September 10:** Day of sadhana at the ashram. Puja and yagna lead by priest.

**TUESDAY September 11 :** Hike to Vasudhara Falls via Mana. Sadhana at ashram.

**WEDNESDAY September 12 :** Leisure day. Optional: Hike to base of Mt. Neelakantan for meditation

**THURSDAY September 13 :** Day of Sadhana. Second Mantra Yagna at our Babaji Ashram and mantra diksha.

**FRIDAY SEPT 14:** Leave for Srinagar, 200 km, 9 hours drive. Stay one night at Riverside Hotel.

**SATURDAY SEPT 15:** leave for Haridwar, 130 km, 7 hours. Stay at new western hotel near Ganges for 2 nights. Visit ashram of Anandamoya Ma for evening puja.

**SUNDAY SEPT 16:** late afternoon, taxi to Joly Airport, 30 km from Haridwar. Take a connecting flight to New Delhi. Depart for home late night, or early September 17.

**MONDAY SEPT 17:** return home.

### **COST, INDIA ASHRAM DONATION, MEDICAL INSURANCE AND VISAS:**

The total cost of the proposed pilgrimage from August 30 to September 17, 2018 will be US\$2,225 or 1920 euros or C\$2,700 covering guide, lodging, transport and



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an ashram donation. Airfare is additional. You can make own flight reservations and purchase your tickets yourself, or we will do so for you, upon request. The cost of roundtrip airfare is generally around US\$1200 or C\$1500 from N. America. Our travel agent Nick De Mello in Toronto can usually get you cheaper fares. He is at 905-567-0880, email: [nickdemello@yahoo.ca](mailto:nickdemello@yahoo.ca) or cell 905-279-3920. [www.aerosafaris.com](http://www.aerosafaris.com).

As we have found that most persons vary in their meal preferences participants cover this expense on their own, which will probably average less than \$15 per day. However, the cost of the breakfasts and suppers during the 8 nights in the Badrinath ashram is included in the price.

Participants must apply for a India tourist visa online with the agency representing their country's India Embassy. Those persons who desire to stay longer than September 17 may do so, on their own, please let us know.

We require you to purchase Travel Medical Insurance. We recommend AAA if US resident or CAA for Canadian residents and or Tour Med.

### **RESERVATIONS**

To reserve your place send a letter, fax or email to M. G. Satchidananda at 196 Mountain Rd, PO Box 90, Eastman, Quebec, Canada J0E 1P0, telephone 450-297-0258 fax 450-297-3957, email Satchidananda at [satchidananda@babajiskriyayoga.net](mailto:satchidananda@babajiskriyayoga.net) and copy (cc) Amman at [a.frank@sasktel.net](mailto:a.frank@sasktel.net). Then as soon as possible a deposit of \$600CAD or \$450US which you can also pay with your VISA or Master or AMEX card at <http://www.babajiskriyayoga.net/english/kriya-yoga-enrollment.htm>. You can also pay by cheque payable to "Babaji's Kriya Yoga" and sent to our Quebec address. We must receive the balance of the cost by July 31, 2018. If you require flight insurance, and you are Canadian, you may contact Nick at 905 567 0880 or cell 905-279-3920