



BABAJI'S KRIYA YOGA PUBLICATIONS

KRIYA YOGA PILGRIMAGE TO THE HIMALAYAS

September 19 – October 7, 2019

with Acharyas Brahmananda and Kailash

Due to the overwhelming interest in the September 2018 Himalayan pilgrimage, Kriya Yoga Acharyas Brahmananda, from Austria, and Kailash, from Switzerland, will lead another 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. We expect that by then we will be able to use our new Badrinath ashram's facilities.

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 meander to Badrinath, spending several days in Rishikesh/Hardwar to acclimate. It will take require two comfortable day drives to reach Badrinath.

HIMALAYAS PILGRIMAGE TRAVEL SCHEDULE

THURSDAY SEPT 19: Depart from North America and fly to New Delhi. If leaving from Europe, depart by Friday September 20, 2019.

FRIDAY SEPT 20: Arrive in New Delhi, and either take a connecting flight to Dehradun's Joly Airport, or stay the night at a hotel near the airport.

SATURDAY SEPT 21: Fly from Dehradun's Joly Airport, then take a taxi to the Divine Resort Hotel in Rishikesh.



SUNDAY SEPT 22: Spend the day visiting ashrams in Rishikesh.

MONDAY SEPT 23: Spend the day visiting Rishikesh, attend the evening Ganges puja at Ram Jula

TUESDAY SEPT 24 : Visit the caves and ashrams in the Rishikesh area and bathe in the Ganges.

WEDNESDAY SEPT 25: Leave **Rishikesh for Rudraprayag**, 150 km journey, 6 hours travel time. Night halt. Stay at the Monal Resort Hotel.

THURSDAY September 26: Rudraprayag to Badrinath. 160 km by bus. 7.5 hours travel time. Move into the apartments of the new ashram. 8 nights.

FRIDAY September 27: 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 28: Morning visit Badrinarayan Temple and Tapt Kund. Sacred bath. First mantra yagna at the ashram in early afternoon.

SUNDAY September 29 : Visit Mana. Visit Vyasa Gufa cave, and the confluence of the Saraswati and Alakananda Rivers.

MONDAY September 30: Day of sadhana at the ashram. Puja and yagna lead by priest.

TUESDAY October 1: Hike to Vasudhara Falls via Mana. Sadhana at ashram.

WEDNESDAY October 2: Leisure day. Optional: Hike to base of Mt. Neelakantan for meditation

THURSDAY October 3: Day of Sadhana. Second Mantra Yagna at our Babaji Ashram and mantra diksha.

FRIDAY October 4: Leave for **Srinagar**, 200 km, 9 hours drive. Stay one night at Riverside Hotel.

SATURDAY October 5: 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 October 6: late afternoon, taxi to Joly Airport, 30 km from Haridwar. Take a flight to New Delhi. Depart for home late October 6, or early October 7.

MONDAY October 7: return home.



COST, AIRLINE RESERVATIONS, MEALS, MEDICAL INSURANCE AND VISAS:

The total cost of the proposed pilgrimage from September 19–October 7, 2019 will be US\$2,100 or CAD\$2,700 or 1,850 € plus airfare. 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 between \$1 500 and \$2 000 from North America, and 700€ from Europe. Our travel agent Nick De Mello in Toronto can usually get you cheaper fares. He is at email: nickdemello@yahoo.ca or cell 416 705 3920.

Connecting flight between Joly and Delhi airports. At the end of the pilgrimage, it will be important for you to have a ticket and reservation on Jet Airways or Air India/India Airlines from Joly Airport to Delhi on late afternoon October 6, so that you can arrive in Terminal 3, the International Terminal in the Delhi airport, where you will have an easy connection to your international flight late night October 6/7. It is a short 30 minute flight which may cost about US\$80.

As we have found that most persons vary in their meal preferences, it does not include most of your meals, which will probably average less than \$15 per day. However, the cost of breakfasts and suppers during the 8 nights we will stay at the Badrinath ashram is included in the price. It does not include the fees for obtaining a visa for India. Participants must apply for a India tourist visa online with the agency representing their country's India Embassy.

We require you to purchase Travel Medical Insurance. We recommend AAA or CAA, or for Canadian residents, 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, and as soon as possible a deposit of US\$450 or 400€ or C\$600 which you can also pay with your VISA or Master or AMEX card. All checks should be payable to "Babaji's Kriya Yoga", and sent to our Quebec address by check or VISA or Master card. In Europe, you may make your payment to "Marshall Govindan" in a transfer to Deutsche Bank, International, BLZ 50070024, account no. 0723106, re. IBAN DE09500700240072310600, BIC/Swift code DEUTDEDBFRA. We must receive the balance of the cost by August 19, 2019. If you require flight insurance, and you are Canadian, you may contact Nick at cell 416 705 3920.