



BABAJI'S KRIYA YOGA PUBLICATIONS

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

**August 29 to September 16, 2019**

**with Acharyas Siddhananda Sita and Nagalakshimi**

Siddhananda Sita and Nagalakshimi will lead a 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.

The mountain landscapes in Badrinath are spectacular and the holy places we visit will be the scene of wonderful and unforgettable experiences. On our way to Badrinath, we will spend four nights in Rishikesh, near the Ganges, visiting several ashrams. And, on the way back, we will stay two days in Rishikesh.

### **HIMALAYAS PILGRIMAGE TRAVEL SCHEDULE**

#### **Wednesday, August 28**

Depart for Delhi, India for those departing from North America. **For those leaving Europe your departure is Thursday, August 28th.** Depending on the time of your arrival in Delhi, plan on staying overnight, as flights to Dehra Dun are between 6:30 am and 6 pm. We can recommend a hotel, please inform us.



**Friday, August 30 / Delhi, Dehradun, Rishikesh**

Arrival in Delhi. Domestic flight to Dehra Dun (Joly Airport). Transportation by taxi to Rishikesh, the gateway to the Himalayas. Stay for 3 nights at the Divine Resort Hotel.

**Saturday, August 31/ Rishikesh**

Sadhana in a group. Walks in Rishikesh. Visits to ashram, temples and local shops. Group sadhana before dinner.

**Sunday, September 1 / Rishikesh**

Morning sadhana in a group. Free day. Sadhana in a group before dinner.

**Monday, 2 September / Rishikesh, Rudraprayag**

Departure from Rishikesh and drive 150 km to Rudraprayag. Six hours of travel. Rest at the Monal Resort Hotel. Visit to prayag (confluence of rivers) where Alakananda meets the Mandakini.

**Tuesday, 3 September / Rudraprayag, Badrinath**

Departure and journey of 160 km by bus, approximately 7:30. First of 9 nights in the apartments of Babaji's new Kriya Yoga Ashram.

During our stay in Badrinath, we will have, as a daily routine, the practice of Hatha Yoga and Sadhana as a group before breakfast; guided tours to Badrinath and its surroundings; group sadhana before dinner; dinner at the ashram; and kirtan or a conference at night.

**Wednesday, 4 September / Badrinath**

Orientation tour to Badrinath, its temple, restaurants,

**Thursday, September 5 / Badrinath**

Very early morning visit to the temple of Sri Badrinarayan (according to tradition, this small temple was built in the 9th century AD by Adi Shankaracharya) and Tapt Kund (Sacred Bath). First mantra yagna at the ashram.

**Friday, September 6 / Badrinath**

Visit to the village of Mana, 3 kilometers from Badrinath. Visit to Vyasa Gufa [the cave where, according to tradition, the rishi Vyasa wrote the Mahabharata]. Visit to the confluence of the rivers Alakananda and Saraswati.

**Saturday, September 7th / Badrinath**

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Hatha Yoga e Sadhana in group in the morning. Free day. Sadhana in a group before dinner. Kirtan or conference at night.

**Sunday, September 8 / Badrinath**

Sadhana day at the ashram. Puja and Yagna led by a priest to the ashram.

**Monday, 9 September / Badrinath**

Hike to Vasudhara Falls from Mana. Sadhana at the ashram.

**Tuesday, September 10 / Badrinath**

Day of leisure. Option: hike to the base of Mount Nilakantan to meditate.

**Wednesday, 11 September / Badrinath**

Day of sadhana. Second mantra yoga at our ashram with initiation into the mantras.

**Thursday, September 12 / Badrinath, Srinagar**

Departure for Srinagar, 200 km, 9 hours. Rest at Riverside Hotel

**Friday, September 13th / Srinagar, Rishikesh**

Departure 9:00 am for Rishikesh, 113 km, 5 hours. Rest at the Divine Resort Hotel near the Ganges. Three nights. 3:30 pm depart for Anandamayami's ashram in Haridwar for evening program.

**Saturday, September 14th / Rishikesh**

Sadhana in a group. Visit the caves located about 25 kilometers from Rishikesh [according to tradition, the rishi Vashistha meditated in one of these caves]. In the region, it is also possible to bathe in the Ganges. Sádhana in group before dinner.

Rest of the day free in Rishikesh for sightseeing, shopping or rest.

**Sunday, September 15 / Rishikesh**

Sadhana in group. Visit Swami Shankardas at 3:00 pm and puja to the Ganges at Ram Jula at 6:00 pm

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**Monday, September 16th / Rishikesh, Dehradun, Delhi, Europe**

Departure for Dehra Dun (Joly Airport). And, from Dehra Dun to the airport in New Delhi. Back to the West.

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## **COST, VISA AND RESTRICTIONS**

The total cost of the proposed pilgrimage from the arrival in Rishikesh on August 30 to the departure from Rishikesh on September 16, 2019 will be US \$ 2,100, or 1,850 euros or \$ 2,700 CN plus airfare. You can make your own plane bookings and buy your own plane tickets or we can do it for you. The cost of tickets is normally in the neighborhood of \$ 1,500 to \$ 2,000 in North America or \$ 700 in Europe.

Air reservations, visas, food in India. If you are in North America, you can book with our travel agent Nick De Mello in Toronto at 416 705 3920, email [nickdemello@yahoo.ca](mailto:nickdemello@yahoo.ca), [www.aerosafaris.com](http://www.aerosafaris.com). He can obtain advantageous prices.

Having noticed that everyone's preferences for food vary greatly, the cost does not include meals. We can count around 15US \$ per day for meals. Breakfasts and dinners at the ashram in Badrinath, however, are included in the price.

The cost does not include obtaining an Indian tourist visa. Participants must apply for the visa at the consulate in the capital of the country of residence. Plan to take out travel insurance. We recommend AAA or CAA, or for Canadian residents, Tour Med. Do also unlock your credit card so you can use it abroad.

Those wishing to stay longer after the pilgrimage should inform us.

**Attention:** To ensure an easy connection between your international flights and your flights between New Delhi airport and Joly airport in Dehradun, please make your reservations only on the flights between the airports of New Delhi and Joly with "Jet Airways" or "Air India / Indian Airlines" because they are the only ones available in Terminal Number 3, the International Terminal at New Delhi Airport. A return ticket will cost in the neighborhood of US \$ 180 or 150 euros. The duration of the flight is 35 minutes.

### **Reservations:**

To reserve your place, send a letter, fax or email to MG Satchidananda, 196 Rang de la Montagne, PO Box 90, Eastman, Quebec, Canada J0E 1P0, tel: 450-297-0258, fax: 450-297-3957, email: [satchidananda@babajiskriyayoga.net](mailto:satchidananda@babajiskriyayoga.net). As soon as possible, send a deposit of \$ 450 US or \$ 400 or \$ 600 CAN or \$ 2100 US by check or VISA, MasterCard or AMEX credit card. Checks must be made payable to "Kriya Yoga Publications" and sent to the address above. For Europe, payment must be made in the name of "Marshall Govindan" in a transfer to Deutsche Bank, International, BLZ 50070024, account no. 0723106, re. IBAN DE09500700240072310600, BIC/Swift code DEUTDEDBFRA

The remainder of the payment of 1 450 euros (one thousand four hundred fifty euros) or 1650 US dollars (one thousand seven hundred US dollars) must be delivered to Siddhananda Sita in cash (euros or US dollars) upon arrival in Rishikesh on 30 August 2019.



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For residents of Canada who require travel insurance, or help with airline reservations contact Nick 905-567-0880 or mobile: 416 705 3920.