

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

**September 3 to September 21, 2022**

**with Acharyas Ganapati and Annapurna**

Acharyas Ganapati and Annapurna 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 bus. We will slowly travel to Badrinath, spending several days in Rishikesh to acclimate.

## **HIMALAYAS PILGRIMAGE TRAVEL SCHEDULE**

**September 03 to September 21, 2022**

### **SATURDAY, SEPTEMBER 03 / São Paulo**

Depart from São Paulo, Brazil, to Delhi, India. If you will fly from other city, please plan your flight so you can arrive in Delhi at Sunday morning.

### **SUNDAY, SEPTEMBER 04 / Delhi, Dehradun, Rishikesh**

Arrive at Delhi International Airport around 9 a.m. Domestic flight from Delhi to Dehra Dun (Jolly Airport). Transfer by taxi from Dehra Dun to Rishikesh. Stay, for 3 nights, at the Divine Resort Hotel, on Ganges.

### **MONDAY, SEPTEMBER 05 / Rishikesh**

Group Sadhana before breakfast. Tour by Rishikesh. Visit of Tat Wale Baba Cave. At 6 p.m., participation in the Puja for the Ganges, in Ram Jula.

### **TUESDAY, SEPTEMBER 06 / Rishikesh**

Group Sadhana before breakfast. Visit to caves located 25 km from Rishikesh [according to tradition, rishi Vashistha meditated in one of these caves]. In the area, is also possible to take a bath in the Ganges. Group Sadhana before dinner.

### **WEDNESDAY, SEPTEMBER 07 / Rishikesh, Rudraprayag**

Leave Rishikesh for Rudraprayag, 160 km journey, 7 hours travel time. Night halt. Stay at the Monal Resort Hotel. Visit to a prayag [river junction].

### **TRURSDAY, SEPTEMBER 08 / Rudraprayag, Joshimath**

Leave Rudraprayag for Joshimath. 120 km, 5.5 hours. Visit to Shankaracharya Math. This hermitage was established by Adi Shankaracharya maybe in the 9th century AD. The math has temples and a

sacred cave where Adi Shankaracharya supposedly undertook tapasya. Night stay at a hotel in Joshimath.

**FRIDAY, SEPTEMBER 09 / Joshimath, Badrinath**

Joshimath to Badrinath. Move into the apartments of the new ashram. Stay for 9 nights.

**SATURDAY, SEPTEMBER 10 / Badrinath**

Along the stay in Badrinath, we will have, as a daily routine, classes of Hatha Yoga and Group Sadhana before breakfast; oriented visits to Badrinath and surrounds; Group Sadhana before dinner; dinner at the ashram; and kirtans or lectures in the evening.

**SUNDAY, SEPTEMBER 11 / Badrinath**

Morning visit to Badrinarayan Temple and Tapt Kund [hot spring for sacred bath]. First Mantra Yagna at the ashram in early afternoon.

**MONDAY, SEPTEMBER 12 / Badrinath**

Visit to Mana, to Ganesha Gufa and Vyasa Gufa caves and to the confluence of the Saraswati and Alaknanda rivers.

**TUESDAY, SEPTEMBER 13 / Badrinath**

Hatha Yoga and Group Sadhana before breakfast. Free day. Group Sadhana before dinner. Kirtan or lecture in the evening.

**WEDNESDAY, SEPTEMBER 14 / Badrinath**

Day of sadhana at the ashram. Puja and yagna lead by a priest.

**THURSDAY, SEPTEMBER 15 / Badrinath**

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

**FRIDAY, SEPTEMBER 16 / Badrinath**

Leisure day. Optional: Hike to the base of Mount Neelakantan.

**SATURDAY, SEPTEMBER 17 / Badrinath**

Second Mantra Yagna at the ashram.

**SUNDAY, SEPTEMBER 18 / Badrinath, Rudraprayag**

Leave for Rudraprayag. 160 km. 7 hours drive. Night stay at the Monal Hotel.

**MONDAY, SEPTEMBER 19 / Rudraprayag, Rishikesh**

Leave for Rishikesh. 170 km. 8 hours. Stay for two nights at the Divine Resort Hotel.

**TUESDAY, SEPTEMBER 20 / Rishikesh**

Bus drive to Haridwar. Visit to Keshabananda Ashram and Anandamayi Ma Ashram for evening puja.

**WEDNESDAY, SEPTEMBER 21 / Rishikesh, Jolly Airport, Delhi Airport**

Transfer by taxi to Jolly Airport. Domestic flight to Delhi International Airport. End of the Pilgrimage.

**COST, VISA, MEDICAL INSURANCE ETC**

The total cost of the proposed pilgrimage, from September 03 to September 21, 2022, will be **US\$2,300**, covering guide, lodging in hotels and in the ashram (breakfast included), bus transportation and an ashram donation. Airfares (international or domestic) are additional.

Breakfasts at the hotels and breakfasts and dinners at Badrinath ashram are included in the price. Expenses with taxis and the other meals are not included. The expenses with other meals will probably average less than \$20 per day.

You can make your own flight reservations and purchase your tickets yourself, or, if you will depart from São Paulo, Brazil, we can do so for you, upon request.

For those who prefer to buy their own tickets, we recommend that contact us before buying. This will allow us to organize a meeting at the Indira Gandhi International Airport in Delhi. Or at Jolly Airport, in Dehradun. To contact us, send an email to acharya Ganapati, writing to [tadeu.arantes@gmail.com](mailto:tadeu.arantes@gmail.com)

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. Persons who desire to stay longer than September 21 may do so, on their own. In this case, please let us know.

## **RESERVATIONS**

To reserve your place, please write now an email to [tadeu.arantes@gmail.com](mailto:tadeu.arantes@gmail.com) . And, as soon as possible, make a deposit of **US\$450** by credit card (VISA, Master or AMEX) at <http://www.babajiskriyayoga.net/english/kriya-yoga-enrollment.htm>.

The balance of the cost, **US\$1,850**, must be paid in two installments.

- **US\$780**, to be paid by bank transfer to Marshall Govindan until June 20, 2022

- **US\$1070**, to be paid in cash (US Dollars) to Acharya Ganapati (José Tadeu Arantes) upon arrival at the Divine Resort Hotel in Rishikesh.

### **Bank transfer details to Marshall Govindan**

- Amount: US\$780

- Payment to: Marshall Govindan

- Name of bank: La Caisse Central Desjardins du Quebec, Complexe Desjardins- 1, suite 2822, Montreal, Quebec, Canada

- Swift code: CCDQCAMMXXX

- Branch bank name: La Caisse populaire Desjardins du Lac Memphremagog

- Bank ID, Transit and Account number 0815500668401630 (United States dollars)