



BABAJI'S KRIYA YOGA PUBLICATIONS

KRIYA YOGA PILGRIMAGE TO THE HIMALAYAS

September 1 – 18, 2016

with Acharya Amman

Acharya Amman will lead a small group of Kriya Yoga students from N. America 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 will be the first group to reside in the 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. There will also be the opportunity for us to physically assist the labors in building Babaji's ashram.

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 several, comfortable day drives to reach Badri.

HIMALAYAS PILGRIMAGE TRAVEL SCHEDULE: September 1-18, 2016

THURSDAY SEPT 1: Depart from N. America to New Delhi.

FRIDAY SEPT 2: Arrive in New Delhi early morning, Stay at Country Inn & Suites north of Delhi. Assemble mid day, take bus to Dehradun, visit Tibetan monastery in the evening. Overnight in Dehradun.

SATURDAY SEPT 3: travel for one hour by bus to Rishikesh. Stay at Divine Resort Hotel on Ganges. Visit Divine Life Society ashram. Bathe in Ganges at Lakshaman Jula.



SUNDAY SEPT 4: Spend the day visiting ashrams in Rishikesh. Visit Ram Jula, Swami Shankardas and Yoga Niketan; 6 pm evening puja to the Ganges;.

MONDAY SEPT 5: Leave **Rishikesh for Rudraprayag**, 150 km journey, 6 hours travel time. Night halt. Stay at the Monal Resort Hotel. On the way visit Vasitha Gufa cave.

TUESDAY SEPT 6: Rudraprayag to PIPALKOTTI, 70 km journey, 3.5 hours travel time. Night halt. Visit Shankaracharya Monastery and cave where Adi Shankaracharya meditated for four years in 9th Century. Stay in a western style hotel.

WEDNESDAY SEPT 7: Joshimath to Badrinath. 90 km by bus, 5 hours travel time. Stay at the new ashram of Babaji's Kriya Yoga Trust in Badrinath..

THURSDAY SEPT 8: Visit Badrinath. Morning visit Badrinarayan Temple and Tapt Kund. Sacred bath. First Mantra Yagna at the ashram. Asana class and sadhana.

FRIDAY SEPT 9: Sadhana at ashram. Visit Vyasa Gufa. Hike to Vasudhara Falls via Mana.

SATURDAY SEPT 10: Leisure day. Hike to base of Mt. Neelakantan for meditation. Sadhana at the Babaji's Kriya Yoga Ashram.

SUNDAY SEPT 11: Morning Sadhana. Bath at the Temple. Sadhana and Karma Yoga at new ashram.

MONDAY SEPT 12: Day of Sadhana and hiking.

TUESDAY SEPT 13: Day of Sadhana. Second Mantra Yagna at the confluence of the Saraswati and Alakananda Rivers in the early afternoon.

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

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

FRIDAY SEPT 16: Drive from Haridwar to New Delhi. 240 km, 6 hours travel time.

SATURDAY SEPT 17: Early morning sadhana. Shopping in New Delhi, stay at Hotel Grand Sartaj, nearby to good shopping at Connaught Circle. Night departure for flights home, either late September 18 or September 19 morning.



COST, INDIA ASHRAM DONATION AND VISAS:

The total cost of the proposed pilgrimage from September 1-18, 2016 will be 2800CDN 2400US covering guide, lodging, transport and 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 1200US 1500CAD from N. America.

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. Participants must apply for a visa at the High Commissioner in the capital of their respective country approx. \$100. Those persons who desire to stay longer than September 19 may do so, on their own, please let us know.

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 copy (cc) Amman at 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>. We must receive the balance of the cost by August 2, 2016. We also feel it is prudent that you purchase travel/health insurance and this is a requirement to participate. Your travel agent will be able to assist you with this.