



Babaji's Kriya Yoga Publications

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

**September 1 – September 19,  
2017**

Due to the overwhelming interest in the September 2016 Himalayan pilgrimage, Acharya Vyasa Lawson, under the direction of M. G. Satchidananda and Durga Ahlund, will lead another group of Kriya Yoga students on a pilgrimage to Badrinath which is directly associated with Babaji's life and realization.

It will be an unforgettable experience in the homeland of Yoga. It will inspire and enable you to appreciate the rich cultural tapestry that has given birth to Babaji's Kriya Yoga. We will stay at our new Badrinath ashram with modern sleeping and dining accommodations and we will practice our sadhana in the meditation and yoga halls.

We have scheduled this pilgrimage to occur when the weather is the most pleasant in the Himalayas: after the monsoon period. It will be cool with perhaps a few cold evenings. The hotels on our way have also been carefully selected, as much as possible for their Western style standards. Ground transportation will be in a modern comfortable tour bus. We will make our way slowly to Badrinath, spending several days in Rishikesh/Haridwar to acclimate ourselves to the rising elevation. It will require two comfortable day drives to reach Badrinath.

We have found most persons vary in their meal preferences, so most of the meals are not included. They will likely average \$15 per day. It does not include the fees for your visa for India. Participants must apply for an India tourist visa with the agency representing their country's India Embassy.



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 Santopanthal Tal.

The total cost of the proposed pilgrimage from September 1– September 19, 2017 will be US\$2,350 or CAD\$2,700 **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. Our travel agent Nick De Mello in Toronto can usually get you cheaper fares as well as flight insurance.

Call: 905-567-0880 or cell 416-705- 3920

Email: [nickdemello@yahoo.ca](mailto:nickdemello@yahoo.ca)

[www.aerosafaris.com](http://www.aerosafaris.com)

We require you to purchase

Travel Medical Insurance.

We can recommend AAA or CAA, or for Canadian residents, Tour Med.

### **MAKE YOUR RESERVATIONS NOW**

*Tell Vyasa you have committed to the pilgrimage.*

Email: [lawsonmdouglas@gmail.com](mailto:lawsonmdouglas@gmail.com)

Telephone: **1-416-850-1160**

*Send deposit check for \$450 payable to*

**"Kriya Corporation",**

**80 Eastville Ave.**

**Scarborough Ont. M1M 2N9**

*Go to link to pay with VISA or MasterCard or AMEX.*

<http://www.babajiskriyayoga.net/english/kriya-yoga-enrollment.htm>

Specify Vyasa Badrinath 2017

**We must receive the balance of the cost by  
August 1, 2017.**



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## KRIYA YOGA HIMALAYAS PILGRIMAGE TRAVEL SCHEDULE

**Friday September 1:** Depart Montreal and fly to Frankfurt, Lufthansa Airlines, to New Delhi.

**Saturday September 2:** Arrive New Delhi at 11:00 PM, stay the night at a western style hotel, the Country Inn and Suites, in Sahibabad, Ghaziabad, Delhi, 35 km from airport.

**Sunday September 3:** Depart at 10:00 AM for Rishikesh. Stay at Divine Resort Hotel on Ganges, at Lakshaman Jula.

**Monday September 4:** Spend the day visiting ashrams in Rishikesh, and take a bath in Ganges.

**Tuesday September 5:** Spend the day visiting Rishikesh, attend the evening Ganges puja at Ram Jula

**Wednesday September 6 :** Visit the caves and ashrams in the Rishikesh area.

**Thursday September 7:** Leave Rishikesh for Rudraprayag, 150 km journey, 6 hours travel time. Night halt. Stay at the Monal Resort Hotel.

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

**Saturday September 9:** Yoga class. Meditation. Orientation visit to Badrinath.

**Sunday September 10:** Visit Badrinath. Morning visit Badrinath Temple and Tapt Kund. Sacred bath. Visit Mana. Visit Vyasa Gufa cave, naming ceremony. First Mantra Yagna at the confluence of the Saraswati and Alakananda Rivers.

**Monday September 11:** Day of sadhana at the ashram.

**Tuesday September 12:** Hike to Vasudhara Falls via Mana.

**Wednesday September 13:** Morning Sadhana. Bath at the Temple. Sadhana at ashram.

**Thursday September 14:** Leisure day. Optional: Hike to base of Mt. Neelakantan for meditation

**Friday September 15:** Day of Sadhana. Second Mantra Yagna at our Babaji Ashram and mantra diksha.

**Saturday September 16:** Leave for Srinagar, 200 km, 9 hours drive. Stay one night at Riverside Hotel.

**Sunday September 17:** leave for Haridwar, 130 km, 7 hours. Stay at new western hotel near Ganges. Visit ashram of Anandamoya Ma for evening puja.

**Monday September 18:** Drive from Haridwar to New Delhi. 240 km, 6 hours travel time.

**Tuesday September 19:** Early morning sadhana. Shopping in New Delhi, stay at the Regent Grand Hotel, Karol Bagh, Delhi. Night departure for flights home, either late September 19 or September 20 morning.

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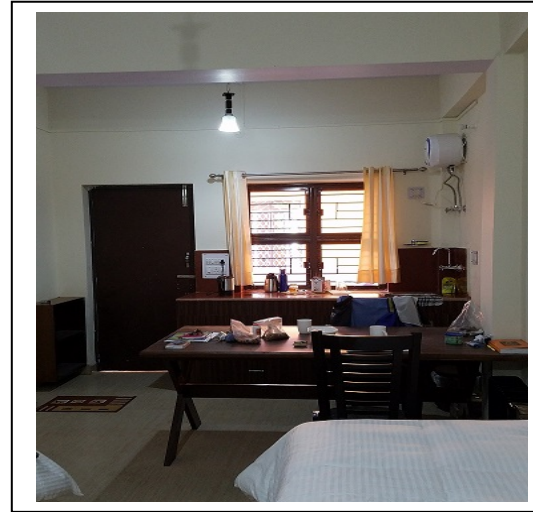


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**Yoga Hall  
Babaji's Kriya Yoga Ashram**



**Typical Accommodation  
Babaji's Kriya Yoga Ashram**



**Badrinayan Temple, Badrinath**