



BABAJI'S KRIYA YOGA PUBLICATIONS

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

**September 20 – October 8, 2018**

**with M.G. Satchidananda and Durga Ahlund**

Due to the overwhelming interest in the September 2017 Himalayan pilgrimage, M. G. Satchidananda and Durga Ahlund 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, including its large meditation hall, in particular.

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 20:** Depart Montreal and fly to Frankfurt, Lufthansa Airlines, to New Delhi. If leaving from Europe, depart by Friday September 21, 2018.

**FRIDAY SEPT 21:** Arrive to 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.

**SATURDAY SEPT 22:** Depart at 10:00 AM for Rishikesh. Stay at Divine Resort Hotel on Ganges, at Lakshaman Jula for 4 nights.

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**SUNDAY SEPT 23:** Spend the day visiting ashrams in Rishikesh.

**MONDAY SEPT 24:** Spend the day visiting Rishikesh, attend the evening Ganges puja at Ram Jula

**TUESDAY SEPT 25 :** Visit the caves and ashrams in the Rishikesh area and bathe in the Ganges.

**WEDNESDAY SEPT 26:** Leave **Rishikesh for Rudraprayag**, 150 km journey, 6 hours travel time. Night halt. Stay at the Monal Resort Hotel.

**THURSDAY September 27: Rudraprayag to Badrinath.** 160 km by bus. 7.5 hours travel time. Move into the apartments of the new ashram. 8 nights.

**FRIDAY September 28:** 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 29:** Morning visit Badrinarayan Temple and Tapt Kund. Sacred bath. First mantra yagna at the ashram in early afternoon.

**SUNDAY September 30 :** Visit Mana. Visit Vyasa Gufa cave, and the confluence of the Saraswati and Alakananda Rivers.

**MONDAY October 1:** Day of sadhana at the ashram. Puja and yagna lead by priest.

**TUESDAY October 2:** Hike to Vasudhara Falls via Mana. Sadhana at ashram.

**WEDNESDAY October 3:** Leisure day. Optional: Hike to base of Mt. Neelakantan for meditation

**THURSDAY October 4:** Day of Sadhana. Second Mantra Yagna at our Babaji Ashram and mantra diksha.

**FRIDAY October 5:** Leave for **Srinagar**, 200 km, 9 hours drive. Stay one night at Riverside Hotel.

**SATURDAY October 6:** 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 7:** late afternoon, taxi to Joly Airport, 30 km from Haridwar. Take a flight to New Delhi. Depart for home late October 7, or early October 8.

**MONDAY October 8:** return home.

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

The total cost of the proposed pilgrimage from September 20–October 8, 2018 will be US\$2,225 or CAD\$2,700 or 1,920 € 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 416-705-3920, email: [nickdemello@yahoo.ca](mailto:nickdemello@yahoo.ca). [www.aerosafaris.com](http://www.aerosafaris.com)

**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 7, 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 7/8. 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](mailto: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 20, 2018. If you require flight insurance, and you are Canadian, you may contact Nick at 416 705 3920.