



BABAJI'S KRIYA YOGA PUBLICATIONS

---

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

**September 23 – October 6, 2019**

**With Sri Vinod Kumar, and Acharyas**

**Brahmananda and Kailash**

Due to the overwhelming interest in the September 2018 Himalayan pilgrimage, Sri Vinod Kumar, and Kriya Yoga Acharyas Brahmananda, from Austria, and Kailash, from Switzerland, 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.

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**

**SATURDAY SEPT 23:** Fly from Dehradun's Joly Airport, then take a taxi to the Divine Resort Hotel in Rishikesh.



**TUESDAY SEPT 24 :** Visit the caves and ashrams in the Rishikesh area and bathe in the Ganges.

**WEDNESDAY SEPT 25:** Leave **Rishikesh for Rudraprayag**, 150 km journey, 6 hours travel time. Night halt. Stay at the Monal Resort Hotel.

**THURSDAY September 26: Rudraprayag to Badrinath.** 160 km by bus. 7.5 hours travel time. Move into the apartments of the new ashram. 8 nights.

**FRIDAY September 27:** 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 28:** Morning visit Badrinarayan Temple and Tapt Kund. Sacred bath. First mantra yagna at the ashram in early afternoon.

**SUNDAY September 29 :** Visit Mana. Visit Vyasa Gufa cave, and the confluence of the Saraswati and Alakananda Rivers.

**MONDAY September 30:** Day of sadhana at the ashram. Puja and yagna lead by priest.

**TUESDAY October 1:** Hike to Vasudhara Falls via Mana. Sadhana at ashram.

**WEDNESDAY October 2:** Leisure day. Optional: Hike to base of Mt. Neelakantan for meditation

**THURSDAY October 3:** Day of Sadhana. Second Mantra Yagna at our Babaji Ashram and mantra diksha.

**FRIDAY October 4:** Leave for **Srinagar**, 200 km, 9 hours drive. Stay one night at Riverside Hotel.

**SATURDAY October 5:** 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 6:** late afternoon, taxi to Joly Airport, 30 km from Haridwar. Take a flight to New Delhi. Depart for home late October 6, 2019



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

The total cost of the proposed pilgrimage from September 23–October 6, 2019 will be INR 49,000 plus airfare. You can make own flight reservations and purchase your tickets yourself, or we will do so for you, upon request.

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.

We require you to purchase Travel Medical Insurance.

## **RESERVATIONS**

To reserve your place send an email to Vinod Kumar at [vinod@babajiskriyayoga.net](mailto:vinod@babajiskriyayoga.net). Make a deposit of INR 15,000. The balance is owed by August 15.

Send your payment to the address below in the form of a by demand draft, bank cheque, or postal money order, in favor of Babaji's Kriya Yoga Trust, and send to our Bangalore ashram address: **Post Box No. 5608, Malleshwaram West, Bangalore 560 055.**

You may also pay by bank transfer:

**Name of the account:** Babajis Kriya Yoga trust

**Name of the Bank:** Punjab National Bank.

**Name of the Branch:** St. Peters Pontifical Seminary Malleshwaram West

**Account Type:** Savings.

**Account Number:** 126 10 10 1000 544 76

RTGS / NEFT IFSC Code: PUNB 046 2500

For further information call Vinod Kumar at his cell: (91) 98.456.61221 or office: (91)-(0)80-235.60.252