



BABAJI'S KRIYA YOGA PUBLICATIONS

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

**September 15 – October 3, 2022**

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

Due to the overwhelming interest in our past Himalayan pilgrimages, 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, where Babaji's Kriya Yoga was given birth. We will be comfortably lodged in the 13 apartments of our new Badrinath ashram, situated close to the border of Tibet, at an altitude of 10,000 feet.

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 in the ashram's yoga and meditation halls 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 Satopanth 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 15:** Depart Montreal and fly to Frankfurt, Lufthansa Airlines, to New Delhi. If leaving from Europe, depart by Friday September 16, 2022.

**FRIDAY SEPT 16:** Arrive to New Delhi, and either take a connecting flight to Dehradun's Joly Airport, or stay the night at a hotel near the airport.



Depending on the time of your arrival in Delhi, plan on staying overnight, as flights to Dehra Dun are between 6:30 am and 6 pm. We can recommend a hotel, please inform us. Please plan your flight so you can arrive in Delhi on Saturday morning.

**SATURDAY SEPT 17:** Fly from Delhi to Dehradun's Jolly Airport, then take a taxi to the Divine Resort Hotel in Rishikesh. Stay at Divine Resort Hotel on Ganges, at Lakshaman Jula for 3 nights.

**SUNDAY SEPT 18:** Spend the day visiting Rishikesh, attend the evening Ganges puja at Ram Jula

**MONDAY SEPT 19:** Visit the caves and ashrams in the Rishikesh area and bathe in the Ganges.

**TUESDAY SEPT 20:** Leave **Rishikesh for Rudraprayag**, 150 km journey, 6 hours travel time. Night halt. Stay at the Monal Resort Hotel.

**WEDNESDAY September 21: Rudraprayag to Joshimutt.** 120 km by bus. 5.5 hours travel time. Visit the Shankaracharya monastery and cave. Tattva Resort hotel

**THURSDAY September 22: Joshimutt to Badrinath**, 2 hours. Move into the apartments of the new ashram. 7 nights. Group sadhana early every morning. Orientation visit to Badrinath in afternoon. Yoga class every day at 3:30 pm followed by group sadhana, dinner at the ashram, and kirtan or lecture in the evening.

**FRIDAY September 23:** Morning visit Badrinath Temple and Tapt Kund. Sacred bath. First mantra yagna at the ashram in early afternoon.

**SATURDAY September 24 :** Visit Mana. Visit Vyasa Gufa cave, and the confluence of the Saraswati and Alakananda Rivers.

**SUNDAY September 25:** Day of sadhana at the ashram. Puja and yagna lead by priest.

**MONDAY September 26:** Hike to Vasudhara Falls via Mana. Sadhana at ashram.

**TUESDAY September 27:** Leisure day. Optional: Hike to base of Mt. Neelakantan for meditation

**WEDNESDAY September 28:** Day of Sadhana. Second Mantra Yagna at our Babaji Ashram and mantra diksha.

**THURSDAY September 29:** Leave for **Rudraprayag**, 160 km, 7 hours drive. Stay one night at Monal Hotel.



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**FRIDAY September 30:** leave for Rishikesh, 170 km, 8 hours. Stay at Divine Resort Hotel for 2 nights.

**SATURDAY October 1:** Visit ashrams of Lahiri Mahasya and Anandamoya Ma for evening puja.

**SUNDAY October 2:** late afternoon, taxi to Joly Airport, 30 km from Rishikesh. Take a flight to New Delhi. Depart for home late October 2, or early October 3.

**MONDAY October 3:** return home.

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

The total cost of the proposed pilgrimage from September 15–October 3, 2022 will be US\$2,350 or CAD\$2,995 or 2,150 € 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 Rashmi in Toronto is at telephone or whatsapp 416-880-4129 or 1-800-588-1688, email: [rashmi@crosswaystravel.com](mailto:rashmi@crosswaystravel.com) We require that you have travel medical insurance.

**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 from Joly Airport to Delhi on late afternoon October 2, 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 2 /3. It is a short 30 minute flight which may cost about US\$80. We can recommend **IndiGo airlines**.

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 7 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 an 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**



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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 15, 2022. If you require flight insurance, and you are Canadian, you may contact Rashmi at 416 800 4129.