



BABAJI'S KRIYA YOGA PUBLICATIONS

KRIYA YOGA PILGRIMAGE TO THE HIMALAYAS

September 14 – October 2, 2023

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 require two comfortable day drives to reach Badrinath.

HIMALAYAS PILGRIMAGE TRAVEL SCHEDULE

THURSDAY SEPT 14: Depart Montreal and fly to Frankfurt, Lufthansa Airlines, to New Delhi. If leaving from Europe, depart by Friday September 15, 2023.

FRIDAY SEPT 15: 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 16: 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 17: Spend the day visiting Rishikesh, attend the evening Ganges puja at Ram Jula

MONDAY SEPT 18: Visit the caves and ashrams in the Rishikesh area and bathe in the Ganges.

TUESDAY SEPT 19: Leave **Rishikesh for Rudraprayag**, 150 km journey, 6 hours travel time. Night halt. Stay at the Monal Resort Hotel.

WEDNESDAY September 20: Rudraprayag to Joshimutt. 120 km by bus. 5.5 hours travel time. Visit the Shankaracharya monastery and cave. Tattva Resort hotel

THURSDAY September 21: 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 22: Morning visit Badrinarayan Temple and Tapt Kund. Sacred bath. First mantra yagna at the ashram in early afternoon.

SATURDAY September 23: Visit Mana. Visit Vyasa Gufa cave, and the confluence of the Saraswati and Alakananda Rivers.

SUNDAY September 24: Day of sadhana at the ashram. Puja and yagna lead by priest.

MONDAY September 25: Hike to Vasudhara Falls via Mana. Sadhana at ashram.

TUESDAY September 26: Leisure day. Optional: Hike to base of Mt. Neelakantan for meditation

WEDNESDAY September 27: Day of Sadhana. Second Mantra Yagna at our Babaji Ashram and mantra diksha.

THURSDAY September 28: Leave for **Rudraprayag**, 160 km, 7 hours drive. Stay one night at Monal Hotel.

FRIDAY September 29: leave for Rishikesh, 170 km, 8 hours. Stay at Divine Resort Hotel for 2 nights.



SATURDAY September 30: Visit ashrams of Lahiri Mahaysya and Anandamoya Ma for evening puja.

SUNDAY October 1: late afternoon, taxi to Joly Airport, 30 km from Rishikesh. Take a flight to New Delhi. Depart for home late October 1, or early October 2.

MONDAY October 2: return home.

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

The total cost of the proposed pilgrimage from September 14–October 2, 2023 will be US\$2,500 or CAD\$3,375 or 2,400 € 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. 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 1, 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 1/2. It is a short 30 minute flight which may cost about US\$80. We can recommend **IndiGo airlines.**

As we have found that most people 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

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 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 14, 2023.