

BABAJI'S KRIYA YOGA TRUST, BANGALORE.

KRIYA YOGA PILGRIMAGE TO THE HIMALAYAS : PROGRAM & ITINERARY

May 18 to 31, 2018

We are pleased to announce that Kriya Yoga initiates who are residents of India are invited to participate in 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. For the first time we will be able to reside in the thirteen apartments of our new Badrinath ashram's facilities, and use its large meditation and yoga halls and yagna peetam.

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 for thousands of years. 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, the temple of Sri Badrinarayan and the hot springs bathing ghat. The main focus on this pilgrimage will be on our daily practice of Babaji's five fold path of Kriya Yoga, in particular 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, in the spring, before the monsoon period. The hotels have also been carefully selected for their comfort and facilities during the forward and return journeys to Badrinath. Ground transportation will be in two Tempo Traveller buses. We will spend three nights in Rishikesh on the way, a night in Rudraprayag, and on the return journey one night in Srinagar, and two nights in Haridwar. It will require a two days drive to reach Badrinath from Rishikesh.

HIMALAYAS PILGRIMAGE TRAVEL SCHEDULE

Friday May 18: Fly to Dehradun Jolly airport. Taxi to hotel in Rishikesh. Evening introduction and group sadhana.

Saturday May 19: Spend the day visiting ashrams in Rishikesh, and take a bath in Ganges.

Sunday May 20: Spend the day visiting Rishikesh, attend the evening Ganges puja at Ram Jula.

Monday May 21: Travel by bus to Rudraprayag. 150 km journey, 6 hours travel time. Stay at the Monal Resort Hotel.

Tuesday May 22: Travel to Badrinath. 160 km by bus. 7.5 hours travel time. First of 6 nights in the apartments of the new ashram.

Wednesday May 23: Yoga class. Meditation. Orientation visit to Badrinath.

Thursday May 24: Visit Badrinath. Morning visit Badrinath Temple and Tapt Kund. Sacred bath.

Friday May 25: Mantra yagna at the ashram.

Saturday May 26: Visit Mana. Visit Vyasa Gufa cave. Visit the sangam of the Alakananda and Saraswati rivers. Optional hike to Vasudhara Falls.

Sunday May 27: Leisure day. Optional: Hike to base of Mt. Neelakantan for meditation.

Monday May 28: travel to Srinagar. 200 km. 8 hours travel time. Night halt at a hotel.

Tuesday May 29: travel to Haridwar. 130 km, 7 hours. Attend arati at the ashram and samadhi of Anandamoya Ma in Kanpur.

Wednesday May 30. Visit Haridwar, Kevalananda Ashram. Attend 6 pm Ganga Aarthi.

Thursday May 31: Group sadhana. Depart for Dehradun Jolly airport.

COST, AIRLINE RESERVATIONS, MEALS, MEDICAL INSURANCE.

The total cost of the proposed pilgrimage from **May 19 to 31, 2018, will be Rs.49,000, plus airfare (separate) and includes the costs of accommodation in Double Occupancy rooms, and buses May 22 to 31st**. You can make own Flight or Train reservations and purchase your tickets yourself.

As we have found that most persons vary in their meal preferences, it does not include most of your meals, except where breakfast is included at the ashram and some hotels. It is said that you may need Rs. 750/- on average per day to cover your midday meal, and evening dinner. We recommend that you purchase tickets early, this will help you to purchase plane or train tickets at very competitive or cheaper rates.

We require you to purchase Travel Medical Insurance.

RESERVATIONS: Make your reservation as soon as possible, by contacting Sri **Vinod Kumar R.C.** at vinod@babajiskriyayoga.net or cell +91 9845 66 1221 or ashram telephone (0)80-235 60 252. **Acharyas Kriyanandamayi, Gurudasan, and Ahil Siva** will lead this pilgrimage. Only residents of India, Sri Lanka and Malaysia who are also initiated in Babaji's Kriya Yoga are eligible to participate in this particular pilgrimage. To complete your reservation make an deposit of Rs. 30,000 payable to "Babaji's Kriya Yoga Trust", in the form of a 'Cheque' or Bank 'Demand Draft' before April 30. The balance of Rs. 19,000 is due by May 9th 2018. You are advised to post the 'Cheque' or 'DD' to the following postal address.

Address:

**Babajis Kriya Yoga Trust,
No. 52, Cement Villa, First Floor, 5th
Main, Malleshwaram 18th Cross,
Opp. Shashikiran Apartments.
Bangalore 560 055.**

OR

Make a bank transfer / online Transfer to:

Name of the Bank: Punjab National Bank.

Branch: St. Peters Pontifical Seminary.

Account Type: Savings.

Account Name: Babaji's Kriya Yoga Trust. Account

Number: 126 10 10 1000 544 76

RTGS / NEFT IFSC Code: PUNB 0 46 2500

Or make your deposit online in a secure manner here:

http://babajiskriyastore.in/index.php?main_page=product_info&cPath=76&products_id=251

For residents of Sri Lanka E-mail: krishbabaji@gmail.com

Kriyanandamayi: (00) (94) 773 706 988

Ahil Siva: (00) (94) 776 055 359

To view photos of the new Badrinath ashram, temple, and Mana, go to:

http://www.babajiskriyayoga.net/english/ashram-india.htm#bangalore_ashram Links:

<http://www.babajiskriyayoga.net/english/pdfs/pilgrimages/India-Pilgrimage-Badrinath-May-2018.pdf>

<http://www.babajiskriyayoga.net/english/pdfs/pilgrimages/Journal-79-Why-build-an-Ashram-in-Badrinath.pdf>

<http://www.babajiskriyayoga.net/english/pdfs/pilgrimages/Journal-91-A-Pilgrimage-is-an-Adventure-inConsciousness.pdf>