



BABAJI'S KRIYA YOGA PUBLICATIONS

KRIYA YOGA PILGRIMAGE TO THE HIMALAYAS

September 22 – October 10, 2016

with M.G. Satchidananda and Durga Ahlund

Due to the overwhelming interest in the September 2014 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 several, comfortable day drives to reach Badri.

HIMALAYAS PILGRIMAGE TRAVEL SCHEDULE

THURSDAY SEPT 22: Depart Montreal and fly to Frankfurt, Lufthansa Airlines, to New Delhi. If leaving from Europe, depart by Friday September 23, 2016.

FRIDAY SEPT 23: 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 24: Depart at 10:00 AM for Rishikesh. Stay at Divine Resort Hotel on Ganges, at Lakshaman Jula.



SUNDAY SEPT 25: Spend the day visiting ashrams in Rishikesh, and take a bath in Ganges.

MONDAY SEPT 26: Spend the day visiting Rishikesh, attend the evening Ganges puja at Ram Jula

TUESDAY SEPT 27 : Visit the caves and ashrams in the Rishikesh area.

WEDNESDAY SEPT 28: Leave **Rishikesh for Rudraprayag**, 150 km journey, 6 hours travel time. Night halt. Stay at the Monal Resort Hotel.

THURSDAY September 29: Rudraprayag to Badrinath. 160 km by bus. 7.5 hours travel time. Stay one night at the Sarovar Hotel, the only 4 star, centrally heated hotel in Badrinath.

FRIDAY September 30: Move into the apartments of the new ashram. 7 nights. Yoga class. Meditation. Orientation visit to Badrinath.

SATURDAY October 1: Visit Badrinath. Morning visit Badrinarayan Temple and Tapt Kund. Sacred bath. Visit Mana. Visit Vyasa Gufa cave, naming ceremony. First Mantra Yagna at the confluence of the Saraswati and Alakananda Rivers.

SUNDAY October 2: Day of sadhana at the ashram.

MONDAY October 3: Hike to Vasudhara Falls via Mana.

TUESDAY October 4: Morning Sadhana. Bath at the Temple. Sadhana at ashram.

WEDNESDAY October 5: Leisure day. Optional: Hike to base of Mt. Neelakantan for meditation

THURSDAY October 6: Day of Sadhana. Second Mantra Yagna at our Babaji Ashram and mantra diksha.

FRIDAY October 7: Leave for **Srinagar**, 200 km, 9 hours drive. Stay one night at Riverside Hotel.

SATURDAY October 8: leave for Haridwar, 130 km, 7 hours. Stay at new western hotel near Ganges. Visit ashram of Anandamoya Ma for evening puja.

SUNDAY October 9: Drive from Haridwar to New Delhi. 240 km, 6 hours travel time.

MONDAY October 10: Early morning sadhana. Shopping in New Delhi, stay at the Country Inn and Suites, in Sahibabad, Ghaziabad, Delhi. Night departure for flights home, either late October 10 or October 11 morning.

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



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The total cost of the proposed pilgrimage from September 22–October 10, 2016 will be US\$2,350 or CAD\$2,700 or 2100 € 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 1 000€ or 700€ from Europe. Our travel agent Nick De Mello in Toronto can usually get you cheaper fares. He is at 905-567-0880, email: nickdemello@yahoo.ca or cell 416 705 3920. www.aerosafaris.com

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. 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, and as soon as possible a deposit of \$450 or 400€ 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 22, 2016. If you require flight insurance, and you are Canadian, you may contact Nick at 905 567 0880 or cell 416 705 392