

KRIYA YOGA PILGRIMAGE TO THE HIMALAYAS

August 30 to September 17, 2018

with Acharyas Ganapati and Annapurna

Acharyas Ganapati and Annapurna will lead a 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.

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 bus. We will slowly travel to Badrinath, spending several days in Rishikesh to acclimate.

HIMALAYAS PILGRIMAGE TRAVEL SCHEDULE

August 30 to September 17, 2018

THURSDAY August 30

Depart from São Paulo, Brazil, to Delhi, India. If leaving from Europe, depart by Friday, August 31, 2018.

FRIDAY August 31

Arrive at Delhi International Airport around 9 a.m. Domestic flight from Delhi to Dehra Dun (Jolly Airport). Transfer by taxi from Dehra Dun to Rishikesh. Stay, for 4 nights, at the Divine Resort Hotel, on Ganges.

SATURDAY September 1

Group Sadhana before breakfast. Tour by Rishikesh, visiting ashrams, temples and the local commerce. At 6 p.m., participation in the Puja for the Ganges, in Ram Jula.

SUNDAY September 2

Group Sadhana before breakfast. Free day. Option: rafting on the Ganges [scheduling and expenses on behalf of the interested]. Group Sadhana before dinner.

MONDAY September 3

Group Sadhana before breakfast. Visit to caves located 25 km from Rishikesh [according to tradition, rishi Vashistha meditated in one of these caves]. In the area, is also possible to take a bath in the Ganges. Group Sadhana before dinner.

TUESDAY September 4

Leave Rishikesh for Rudraprayag, 150 km journey, 6 hours travel time. Night halt. Stay at the Monal Resort Hotel. Visit to prayag [river junction].

WEDNESDAY September 5

Rudraprayag to Badrinath. 160 km by bus, 7.5 hours travel time. Move into the apartments of the new ashram. Stay for 9 nights.

THURSDAY September 6

Along the stay in Badrinath, we will have, as a daily routine, classes of Hatha Yoga and Group Sadhana before breakfast; oriented visits to Badrinath and surrounds; Group Sadhana before dinner; dinner at the ashram; and kirtans or lectures in the evening.

FRIDAY September 7

Morning visit Badrinarayan Temple and Tapt Kund [hot spring for sacred bath]. First mantra yagna at the ashram in early afternoon.

SATURDAY September 8

Visit to Mana, to Vyasa Gufa cave and to the confluence of the Saraswati and Alaknanda rivers.

SUNDAY September 9

Hatha Yoga and Group Sadhana before breakfast. Free day. Group Sadhana before dinner. Kirtan or lecture in the evening.

MONDAY September 10

Day of sadhana at the ashram. Puja and yagna lead by a priest.

TUESDAY September 11

Hike to Vasudhara Falls via Mana. Sadhana at ashram.

WEDNESDAY September 12

Leisure day. Optional: Hike to the base of Mount Neelakantan for meditation

THURSDAY September 13

Day of Sadhana. Second Mantra Yagna at the ashram and mantra diksha.

FRIDAY September 14

Leave for Srinagar, 200 km, 9 hours drive. Stay one night at Riverside Hotel.

SATURDAY September 15

Leave for Haridwar, 130 km, 7 hours. Stay at a new western hotel near Ganges for 2 nights. Visit ashram of Anandamayi Ma for evening puja.

SUNDAY September 16

In the morning, visit to Keshabananda ashram. Free time to stroll, shop or rest.

MONDAY September 17

Transfer by taxi to Jolly Airport. Domestic flight to Delhi International Airport. Flight to Brazil.

COST, VISA, MEDICAL INSURANCE ETC

The total cost of the proposed pilgrimage, from August 30 to September 17, 2018, will be US\$2,060, 1 750 euros or CAN\$ 2 600 covering guide, lodging, bus transport and an ashram donation. Airfare (international or domestic) is

additional. You can make own flight reservations and purchase your tickets yourself, or, if you will depart from São Paulo, Brazil, we can do so for you, upon request.

From Brazil, the cost of roundtrip airfare is around US\$1,900. Directly from North America, the cost of roundtrip airfare is generally around US\$1200. In this case, if you want, you can contact agent Nick De Mello, in Toronto, at 905-567-0880, email: nickdemello@yahoo.ca, or cell 905-279-3920, www.aerosafaris.com.

Breakfasts at the hotels and breakfasts and dinners at Badrinath ashram are included in the price. Expenses with taxis and the other meals are not included. The expenses with other meals will probably average less than \$15 per day.

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. Persons who desire to stay longer than September 17 may do so, on their own. In this case, please let us know.

Attention : To be assured of an easy connection in the New Delhi airport between your international flights and your flights between New Delhi and the the Joly Airport in Dehradun, **please make your reservations only on the domestic flights inside India with « Jet Airways » or Air India/Indian Airlines because they are the only ones available in Terminal number 3**, the International Terminal in the New Delhi Airport. A round trip ticket will cost about US\$180 or 150 euros, and the flight time is about 30 minutes.

RESERVATIONS

To reserve your place, please write now an email to tadeu.arantes@gmail.com . And, as soon as possible, make a deposit of US\$450 by credit card (VISA, Master or AMEX) at <http://www.babajiskriyayoga.net/english/kriya-yoga-enrollment.htm>. You can also pay by cheque payable to "Babaji's Kriya Yoga" and sent to our Quebec address.

The balance of the cost, US\$1610, must be paid, in cash (US dollars), to Acharya Ganapati, on arrival at Rishikesh Hotel.