



BABAJI'S KRIYA YOGA PUBLICATIONS

KRIYA YOGA PILGRIMAGE TO THE HIMALAYAS

September 29 – October 18, 2011

with M.G. Satchidananda and Durga Ahlund

Due to the overwhelming interest in the September 2008 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. **The focus this year is on building the energy for our Kriya Yoga Ashram in Badrinath.** 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. There will also be the opportunity for us to physically assist the labors in building Babaji's ashram.

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. The hotel in Badrinath is first class, with central heat and hot water and a wonderful hearty breakfast!

HIMALAYAS PILGRIMAGE TRAVEL SCHEDULE

THURSDAY SEPT 29: Depart Montreal and fly to Frankfurt, Lufthansa Airlines, to New Delhi. If leaving from Europe, depart Friday September 30, 2011.

FRIDAY SEPT 30: Arrive to New Delhi at 11:00 PM, stay the night on south side of Delhi in a western style hotel, the Hotel Grand Sartaj.



SATURDAY October 1: Depart at 10:00 AM for Rishikesh. Stay at Resort Hotel on Ganges, at Lakshaman Jula.

SUNDAY October 2: Spend the day visiting ashrams in Rishikesh, and take a bath in Ganges.

MONDAY October 3: Spend the day visiting Rishikesh, attend the evening Ganges puja at Ram Jula

TUESDAY October 4: Visit the caves and ashrams in the Rishikesh area.

WEDNESDAY October 5: Leave **Rishikesh for Rudraprayag**, 150 km journey, 6 hours travel time. Night halt. Stay at the Monal Resort Hotel.

THURSDAY October 6: Rudraprayag to Joshimath, 110 km journey, 4 hours travel time. Night halt. Visit Shankaracharya Monastery and cave where Adi Shankaracharya meditated for four years in 9th Century. Stay in a western style hotel.

FRIDAY October 7: Joshimath to Badrinath. 50 km by bus. Stay at the Sarovar Hotel, the only 4 star, centrally heated hotel in Badrinath

SATURDAY October 8: Visit Badrinath. Morning visit Badrinarayan Temple and Tapt Kund. Sacred bath. Visit Mana. First Mantra Yagna at the confluence of the Saraswati and Alakananda Rivers.

SUNDAY October 9: Hike to Vasudhara Falls via Mana. Visit Vyasa Gufa cave, naming ceremony.

MONDAY October 10: Leisure day. Hike to base of Mt. Neelakantan for meditation. Optional: work at the Babaji's Kriya Yoga Ashram.

TUESDAY October 11: Morning Sadhana. Bath at the Temple. Sadhana and Karma Yoga at new ashram.

WEDNESDAY October 12: Day of Sadhana and Karma Yoga.

THURSDAY October 13: Day of Sadhana and Karma Yoga. Second Mantra Yagna at our Babaji Ashram and mantra diksha.

FRIDAY October 14: Leave for **Srinagar**, 200 km, 9 hours drive. Stay one night at Riverside Hotel.

SATURDAY October 15: leave for Haridwar, 130 km, 7 hours. Stay at new western hotel near Ganges. Visit ashram of Anandamoya Ma for evening puja.

SUNDAY October 16: Drive from Haridwar to New Delhi. 240 km, 6 hours travel time.



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MONDAY October 17: Early morning sadhana. Shopping in New Delhi, stay at Hotel Grand Sartaj, nearby to good shopping or by Connaught Circle. Night departure for flights home, either late October 17 or October 18 morning.

COST, INDIA ASHRAM DONATION AND VISAS:

The total cost of the proposed pilgrimage from September 29–October 18, 2011 will be US\$2,200 or CAD\$2,300 or 1580 € 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, at "Voyages Le Passage" in Toronto at 905-567-0880, email: nickdemello@yahoo.ca (where he usually is) or in Montreal, John at voyageslepassage@qc.aibn.com, telephone 1-888-359-2203 or 450-861-5617 or fax 514-861-0267.

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 visa at the High Commissioner in the capital of respective country. Or, they may obtain the application forms from Nick at "Voyages Le Passage" then return them to him with their passport and two passport size photos and \$30.

Those persons who desire to stay longer than October 18, please let us know and we will have your ticket issued open-ended, unless you specify the date you wish to leave Delhi, in which case we will make your reservations.

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 JOE 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 350€ 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 Montreal 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 28, 2011. If you require flight insurance, and you are Canadian, you may contact Nick at 905-567-0880