

## **KRIYA YOGA PILGRIMAGE TO THE HIMALAYAS**

**September 26 to October 14, 2025**

**With Acharyas Annapurnama and Ganapati**

Due to the great interest in our previous pilgrimages to the Himalayas, Acharya Ganapati and Acharya Annapurnama will lead a group of Kriya Yoga students on a pilgrimage to Badrinath, associated with the life and accomplishments of Babaji. It will be an unforgettable experience in the homeland of Yoga, where Babaji's Kriya Yoga was born. We will be comfortably accommodated in the 13 apartments of our new ashram in Badrinath, located near the Tibetan border, at an altitude of nearly 3400 meters.

On a pilgrimage, we seek to draw closer to the Divine by meditating in sacred places that serve as a "terrestrial gateway" to the Infinite and the Absolute. It is easy to experience the Divine Presence in places like Badrinath, sanctified by the spiritual practices of so many yogis and saints.

There will be group Kriya Yoga practices and Satsanga at least twice a day, allowing participants to advance in their experience. There will also be excursions to various sites of interest, such as Vasudhara Falls, Vyasa Cave, the base of Mount Nilakantan, the Badrinath Temple, and the hot springs ghat nearby. However, the primary objective of this pilgrimage will be to deepen our

practice through Sadhana in Badrinath and the Mana area, the last village on the way to Babaji's secret Ashram in Santopanth Tal.

We have scheduled this pilgrimage during the time of year when the climate in the Himalayas is most pleasant, following the monsoon rains and before the winter snowfalls (when the entire Badrinath area closes, and residents must leave the town). Some mornings may be quite cold, but the days will be sunny.

The hotels along the way were carefully selected to provide as much international comfort as possible. We will use excursion buses for major land transfers, and the stay in Badrinath will be at Babaji's newly built Kriya Yoga Ashram. Before reaching Badrinath, we will spend a few days in Rishikesh, at the foot of the Himalayas, to allow participants time to acclimate to the landscape and Indian customs. After that, we will ascend gradually to Badrinath.

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## **HIMALAYAN PILGRIMAGE ITINERARY**

**September 26 to October 14, 2025**

**Friday, September 26:** São Paulo. Departure for Delhi.

**Saturday, September 27:** Arrival at Indira Gandhi International Airport in Delhi. Flight to Jolly Grant Airport in Dehradun. Taxi transfer to Divine Resort Hotel in Rishikesh.

Three-night stay at Divine Resort Hotel, located by the Ganges in the Lakshman Jula district of Rishikesh.

If, due to your flight schedule, you depart earlier and arrive in Delhi on September 26 in the afternoon, plan to spend the night in the city, as flights to Dehradun operate only between 6:30 AM and 6:00 PM. Please let us know, and we can recommend a hotel in Delhi.

**Sunday, September 28:** Tour of Rishikesh. Visit to Tat Wale Baba's cave. Participation in the evening Aarati by the Ganges in Ram Jula.

**Monday, September 29:** Visit to Vashishta and Jesus caves and a dip in the Ganges, 25 km from Rishikesh.

**Tuesday, September 30:** Travel from Rishikesh to Rudraprayag: 6-hour bus ride. Overnight stay at Monal Resort Hotel in Rudraprayag.

**Wednesday, October 1:** Travel from Rudraprayag to Badrinath: 7.5-hour bus ride. En route, stop to visit Adi Shankaracharya's cave and monastery in Joshimath.

Ten-night stay at Babaji's Kriya Yoga Ashram in Badrinath.

**Thursday, October 2:** Morning Hatha Yoga class and group Sadhana. Orientation tour of Badrinath. Dinner at the ashram. Evening Kirtan or lecture.

**Friday, October 3:** Morning Hatha Yoga class and group Sadhana. Morning bath in the hot springs at Tapt Kund and visit to Sri Badrinarayan Temple. Afternoon: first Mantra Yagna at the ashram. Dinner at the ashram. Evening Kirtan or lecture.

**Saturday, October 4:** Morning Hatha Yoga class and group Sadhana. Visit to Mana, the last Indian village before the Tibetan border. Visit to Ganesha and Vyasa caves and the confluence of the Saraswati and Alakananda rivers. Dinner at the ashram. Evening Kirtan or lecture.

**Sunday, October 5:** Morning Hatha Yoga class and group Sadhana. Puja and Yagna led by a Hindu priest. Dinner at the ashram. Evening Kirtan or lecture.

**Monday, October 6:** Morning Hatha Yoga class and group Sadhana. Hike to Vasudhara Falls. Dinner at the ashram. Evening Kirtan or lecture.

**Tuesday, October 7:** Morning Hatha Yoga class and group Sadhana. Free day. Optional: hike to the base of Mount Neelakantan. Dinner at the ashram. Evening Kirtan or lecture.

**Wednesday, October 8:** Morning Hatha Yoga class and group Sadhana. Second Mantra Yagna at the ashram. Dinner at the ashram. Evening Kirtan or lecture.

**Thursday, October 9:** Morning Hatha Yoga class and group Sadhana. Second visit to Sri Badrinarayan Temple. Dinner at the ashram. Evening Kirtan or lecture.

**Friday, October 10:** Morning Hatha Yoga class and group Sadhana. Free day. Dinner at the ashram. Evening Kirtan or lecture.

**Saturday, October 11:** Travel from Badrinath to Rudraprayag. Overnight stay at Monal Resort Hotel. Dinner at the ashram.

**Sunday, October 12:** Travel from Rudraprayag to Rishikesh. Two-night stay at a new hotel near the Ganges.

**Monday, October 13:** Visit to Haridwar. Visit Swami Keshabananda's Ashram and the Mandir where part of Lahiri Mahasaya's ashes are kept. Evening Puja at Anandamayi Ma's Ashram.

**Tuesday, October 14:** Transfer to Jolly Grant Airport in Dehradun. Flight to Indira Gandhi International Airport in Delhi. End of Pilgrimage.

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## **COSTS, FLIGHT BOOKINGS, MEALS, MEDICAL INSURANCE, AND VISAS**

The total cost of the pilgrimage is **US\$ 2,200**. This covers all accommodations with breakfast and land transfers. Other meals and airfare are not included.

During the 10 nights at Babaji's Kriya Yoga Ashram in Badrinath, dinners are also included.

The cost of round-trip international airfare currently ranges from **US\$ 1,500 to US\$ 2,000**. You may book your flights independently or with our assistance.

**Travel medical insurance is mandatory.**

Connecting flights between Delhi and Dehradun take about 30 minutes and cost approximately **US\$ 100 each way**. You may book these independently or with our assistance.

**A visa for India is mandatory.** Visa fees are not included in the cost. Participants must apply for a tourist visa online. If you have questions, please consult us.

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## Prerequisites:

- Completion of Babaji's Kriya Yoga First Initiation.
  - Valid documents (Passport, Indian Visa, International Yellow Fever Vaccination Certificate, Travel Insurance).
  - Good physical condition (the pilgrimage involves significant walking, and in Badrinath, we will be at altitudes of around 3400 m).
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To reserve your place or clarify any doubts, contact Annapurna or Ganapati via WhatsApp or email:

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To confirm your registration, an initial deposit of **US\$ 500** is required to secure hotel reservations. Payment details will be provided upon contact.

**Spaces are limited.** To guarantee your spot, please confirm as soon as possible.

The remaining balance of **US\$ 1,700** must be paid by **August 26, 2025**.