



**Kriya Yoga Silent Meditation Retreat
at Hariharananda Tapovan, Uttarkashi, India
June 15 to June 30, 2013**

Conducted by Swami Atmavidyananda



Dear Divine Soul,

It is with great joy we announce that on June 15, 2013, the Uttarkashi Kriya Yoga Ashram (Hariharananda Tapovan) will offer an exceptional, silent meditation retreat on the bank of the holy Ganga River. The ashram, usually reserved for Kriya monastics, is nestled in the foothills of the Himalayas and provides an unprecedented opportunity for kriyavans to deepen their spiritual practice in the pristine environment that yogis have cherished for millenniums.

The retreat, led by Swami Atmavidyanandaji, will run from June 15 through June 30. If you have ever hungered to experience the austere, disciplined life of a Himalayan yogi, this is a rare opportunity to make your dream a reality.

This retreat is also a special fundraiser to meet the needs of two urgently needed projects for the Uttarkashi Ashram and the Mother Center in Homestead, FL. Due to this year's flooding, the Uttarkashi Ashram lost a significant amount of waterfront land. The ashram is in need of a retaining wall to protect it from further erosion. The USA Mother Center, after more than a decade, requires a kitchen renovation in order to meet the needs of the large programs it facilitates. Funds raised will help make this possible.

Participants must be prepared to arrive in India two or more days prior to the program's start. In the early morning on June 14, the group will depart from Delhi to Uttarkashi. All participants must be committed to maintaining silence for the duration of the retreat at the ashram. This will allow participants to dive deeper and more richly into their sadhana than perhaps ever before.

Spaces for this retreat are limited and applications are now being accepted. Accepted applicants will be notified and provided with more information about the retreat and what to bring.

The fee for the retreat is \$1500.00 USD per person. This amount does not include your transportation to and from Delhi where we board our bus or train. You must also arrange your own passport and Indian visa.

To apply for this program, please complete the attached application and return it via email to institute@kriya.org by January 1, 2013. (**Do not** submit payment with your application form.)

In loving service,
The Mother Center



“When I think or even hear of the Ganga and the Himalayas, I feel so much love in my heart. To me the beauty of the Ganga is unparalleled and Ganga water is nothing less than divine nectar. The sight of the sacred Ganga and Himalayas together is the most beautiful, magnificent sight in the world to me.”

– Paramahansa Prajnanananda, from his new book, Divine Motherhood

This Silent Meditation Retreat will be held on the premises of the Kriya Yoga Ashram in Uttarkashi, India. The emphasis of this retreat is to deepen the participant’s meditation practice by experiencing the sadhana of silence in this beautiful environment. Accommodations are sparse and in keeping with the austere living conditions of Himalayan yogis. Some camping gear will be required.

Participant Criteria:

1. Open to kriyavans of the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda who reside in North, Central, or South America, Australia, and New Zealand. (Other countries have a different schedule.)
2. Preferably a spiritual aspirant with a keen interest in the practice of Kriya Yoga, spiritual study, and yogic lifestyle.
3. Preferably will be able to sit for three-hour meditations.
5. Must be of sound health, due to high altitude (stairs and mountain pathways are steep).
6. Should be prepared to reside in austere living conditions with simple, vegetarian meals.
7. Must meet all deadline dates for application, registration, and payment, or space may be forfeited.
8. Must hold a valid passport and an Indian visa at the time of travel. (Note that due to Indian requirements, your passport must be valid for at least 6 months after you plan to depart from India.)

Price of Retreat: \$1,500.00 USD. This price does not include airfare or other transportation to Delhi. You must arrange your own travel to and from Delhi. The program’s price includes transportation from Delhi to the Uttarkashi Ashram and back. Program price also includes accommodations, meals, and a day trip to Gangotri. Do not include payment with your application. A confirmation letter will be sent to the participants, which will include payment information and more detailed travel information.

Application for Participation: Spaces in this retreat are limited. Please submit your completed application no later than January 1, 2013 via one of the following methods:

- By email to: institute@kriya.org
- By mail to: Kriya Yoga Institute, PO Box 924615, Homestead, FL 33092

Retreat Schedule

5:30 – 7:30am Meditation
8:00 – 8:30am Breakfast
9:00 – 10:00am Garden Seva
10:30 – 12:45pm Meditation
1:00 – 1:30pm Lunch
1:30 – 3:00pm Study and Contemplation
3:00 – 4:00pm Class
4:30 – 7:30pm Meditation
7:30 – 7:40pm Ganga Aarti
8:00 – 8:30pm Dinner
9:00 – 10:00pm Satsang/ Q & A / Prayer and Chanting
10:00pm Retire

*Note: The final day we will travel to Gangotri for an afternoon of prayer and chanting. We will depart from Uttarkashi Ashram at 4:00am by bus, arriving at Gangotri by 10:00am. We will depart Gangotri at 2PM and return to the ashram by 7PM.

Participants will return to Delhi by bus on July 1 to make their international flights home.

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Prior to the commencement of the retreat, Hariharananda Gurukulam in Baligai, Odisha will be celebrating Gurudev's 75th Anniversary of coming to Puri on June 12, with a three-day program running June 10 – 12.

In addition, July 10 will mark the famous Chariot Festival in Puri, Odisha, when the presiding deities of Jagannath Temple: Lord Jagannath, Lord Balabhadra, and Goddess Subhadra, are taken by chariot in an elaborate ritual procession. The chariots are drawn by thousands of devotees on the Bada Danda (Grand Ave.) to the Gundicha Temple two miles away. After a stay of seven days the deities are returned to their abode again.

Then on July 20-22 is the Guru Purnima Celebration, which will be celebrated at Hariharananda Gurukulam, Balighai, Odisha.

If you would like to attend any of these events, please contact Kriya Yoga Institute (institute@kriya.org) in order to make arrangements to stay at the ashram in Balighai. You would need to make your own flight arrangements in and out of Bhubaneshwar. The ashram in Balighai can assist you with taxi service from Balighai.

**REGISTRATION FORM FOR 2013 KRIYA SILENT MEDITATION RETREAT
HARIHARANANDA TAPOVAN, UTTARKASHI, INDIA**

(For residents from USA/Canada/South America/Australia/New Zealand)

Print Name: _____
(Only one registrant per form)

Date of Birth: _____ Male / Female _____ Marital Status: _____

Occupation: _____

Address: _____

Telephone: _____ Cell phone: _____

E-mail: _____

Emergency Contact (name and contact information): _____

Health Record of Past Ten years (Please list any specific health conditions):

Date of Initiation into First Kriya Yoga: _____ (mm/dd/year)

Initiated by Whom and Where: _____

Date initiated into Second Kriya in Paramahansa Hariharananda's lineage (specify parts received):

_____ (mm/dd/year) Initiated by: _____

_____ (mm/dd/year) Initiated by: _____

Describe your regular yoga or meditation practices:

I would like to register for the entire retreat at Uttarkashi Ashram from June 15 to June 30.

Signature: _____ Date: _____