

HIMALAYAN RETREAT

ON THE BANKS OF DIVINE MOTHER GANGA

September 23 – October 8, 2015

**with Rajarshi Peter van Breukelen and
Yogacharya Petra Helwig**

We are delighted to announce a retreat for Kriyavans at our Uttarkashi Ashram which is situated in a beautiful setting on the banks of the sacred river Ganga. The ashram, which is 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 and spend time in contemplation and meditation in this inspiring and pristine place.

The retreat will be guided by Peter Baba and Petra Ma. Apart from daily meditations there will be time for contemplation, silent walks and reading the scriptures.

In Haridwar we will stop at Swami Kevalanandaji's Ashram, where some ashes of Lahiri Mahasaya are kept, and will seek the blessings of our Masters for our retreat.

We will also visit the holy pilgrimage site of Gangotri, which is nestled in the magnificent Garhwal hills at an altitude of 3048 meters. Gangotri is one of the most important pilgrimage places in India and legend has it that it marks the place where the Ganga first descended to earth.

Space on this retreat is limited to thirty kriyavans and applications are now being accepted on a first come first served basis. Successful applicants will be notified and provided with more details about the retreat.

The money raised for this retreat will be used for further constructions at the Uttarkashi Ashram, India and at the Kriya Yoga Centrum Sterksel for the extension of the meditation hall in order to offer more space for Kriyavans during programmes.



ITINERARY *(subject to change)*

Date	Activity
September 23	Delhi: Arrival at our hotel.* START OF THE PROGRAMME: 7.00PM; Dinner 8.00PM Need to book and pay for your own flight to Delhi; and eventually pay the fee for Taxi from the airport to the hotel
September 24	After early breakfast departure by bus (6 AM) from our Hotel to Rishikesh, with stop at Sw. Kevalanandaji's Ashram in Haridwar, arrival afternoon in Rishikesh, overnight stay. *
September 25	Departure to and arrival in Uttarkashi Ashram, evening meditation
September 26 - 30	Stay at Uttarkashi, meditation programme (see below)
October 01	After morning meditation departure to Gangotri, visit the holy temple of Sri Ganga Mataji, overnight stay in Gangotri *
October 02	Morning prayer/arti at Ganga (original source) and walk along the picturesque and impressive canyon of the Ganga, after early lunch depart to Uttarkashi Ashram
October 03 - 05	Meditation programme at Uttarkashi (see below)
October 06	After morning meditation departure to Rishikesh, overnight stay in Rishikesh*
October 07	Free day in Rishikesh; optional walk along the Ganges through Sadhu area, visit Shivananda Kutir and Ashram, evening Ganga Aarati, overnight stay in Rishikesh*
October 08	Back to Delhi and to the airport. On the way stop at Anandamayi Ma's ashram Haridwar, Arrival in Delhi 8:00PM. END OF PROGRAMME. Optional for those whose flight departure times allow: dinner at Hotel Radisson Blue (own expenses). Those who wished to stay overnight in Delhi should have arranged their own hotel and can take taxi to their hotel from the airport.
October 09	Arrival in Europe , or departure to Europe (for those who stayed overnight in Delhi on 08 th).

**accommodation to be announced*

Daily schedule* at Uttarkashi (Retreat will be held in English)

05.30-07.00	Meditation
07.30	Breakfast
08.00-09.30	Garden Seva or free time
09.30-10.30	Lecture
10.30-11.00	Break, refreshments
11.00-12.30	Meditation 1st Kriya
12.30-13.00	Addition for 2nd Kriya
13.00	Lunch
14.00-16.30	Free time for Self-study or walks to Ganga/nature
16.30-17.00	Break, refreshments
17.00-19.00	Talk/meditation
19.15	Ganga Arati
19.30-20.30	Dinner
20.30-21.30	Satsang (video /songs etc.) – optional

****(subject to change)***

Participants Criteria:

- Open to Kriyavans of the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda who reside in Europe
- Participants should plan to arrive at our hotel in Delhi on September 23 by 7.00 PM, Dinner 8.00PM. We will leave the hotel early the next morning (Sept. 24), to travel to Rishikesh.
- Participants whose flights home are on October 09 (morning/afternoon) and who want to stay overnight in Delhi on October 08 have to make their own hotel reservation!
- Participants need to be able to accept a basic dormitory accommodation with mattresses on the floor. And should be prepared to reside in simple living conditions with simple vegetarian food.
- There will be several (half) silence days throughout the seminar.
- You must be of sound health, due to high altitude (stairs and mountain pathways are steep).
- You must meet all deadline dates for application, registration and payment, otherwise place may be forfeited.
- You must have a valid travel insurance with medical cover (not included in the fee), and you must send us a scan or copy of the policy document. The insurance policy needs to cover the total length of your stay in India.
- You must hold a valid passport and an Indian Visa at the time of travel. (Note that online application is mandatory for the visa and due to Indian requirements, your passport must be valid for at least 6 months after you plan to depart from India.)

Fees:

The fee for the retreat is **€ 1,400,- which includes:**

- Seminar fee, and board and lodging in Uttarkashi Ashram
- Overnight stay at our hotel (to be announced) in Delhi 23rd September 2015;
NB: if you arrive one day earlier (on 22nd September) this night is not included in the fee.
- All Transport from our hotel in Delhi to Rishikesh and Uttarkashi, and back to the airport in Delhi
- Hotel in Rishikesh (to be announced) overnight 26th September and 6th and 7th October 2015
- Trip to Gangotri with overnight stay (accommodation to be advised)
- All meals during the retreat and during the travel from Delhi to Uttarkashi and back to Delhi

not included:

- your airfare or other transportation to Delhi
- taxi from and to the airport in Delhi
- (optional) earlier night (22nd September) in Delhi
- (optional) dinner upon arrival in Delhi on 8th October night
- (optional) stay at hotel in Delhi on 08th October night for those wishing to depart on 9th October morning/afternoon
- travel insurance
- bottled water, toiletries, snacks, tips in temples, souvenirs etc.

Applications:

To apply for this programme, please complete the attached application form and

- sign, date scan and return it via Email to kyc@kriya.eu or
- fax this form to: 0043-2253-80462 or
- send by letter to Kriya Yoga Centre Vienna, Pottendorferstr. 69, 2523 Tattendorf

(If you need to send the registration via post you may send us a short Email or give a call +43 2253 81491 in order to reserve your place in time)

by April 30, 2015. *(Applications are now being accepted on a first come first served basis)*

Payment is due on June 30th 2015.

You will forfeit your place if payment is not received on time.

(We will give more information after your application has been accepted.)