

# HIMALAYAN RETREAT AND TREK TO GAUMUKH



ON THE BANKS OF DIVINE MOTHER GANGA

*September 21 – October 9, 2017*

**with Rajarshi Peter van Breukelen and  
Yogacharya Uschi Schmidtke**

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 under the loving guidance of Rajarshi Peter van Breukelen and Yogacharya Uschi 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. From there we will go on a 4 days Trek through the barren mountain landscape up to the base camp at Bhojbasa with its beautiful snow peaks. Following this we will continue to *Gaumukh* – the source of the river Baghiredi which emerges from the base of the magnificent glacier and is known as the real source of the Ganga.

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 general maintenance and further construction at the Uttarkashi Ashram in India, for necessary repair works on the roof of the Vienna Centre and at the Kriya Yoga Centrum Sterksel for the construction of a new meditation hall.



## **ITINERARY** *(subject to change)*

<b>Date</b>	<b>Activity</b>
September 21	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 22	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 23	Departure to and arrival in Uttarkashi Ashram, evening meditation
September 24 - 27	Stay at Uttarkashi, meditation programme (see below)
September 28	After morning meditation departure to Gangotri, visit the holy temple of Sri Ganga Mataji, overnight stay in Gangotri *
September 29	Start of the Trek – walk along the Bhagirathi River towards Chirbasa (6km), over night stay there
Sept. 30/Oct. 01	Trek to Bhojbasa, 8 km, there 2 over night stays, visit of Gaumukh (4km)
October 02	Return to Gangotri, overnight stay
October 03	Departure to Uttarkashi Ashram, arrival Lunch, afternoon retreat programme
October 04 - 06	Meditation programme at Uttarkashi (see below)
October 07	After morning meditation departure to Rishikesh, overnight stay in Rishikesh*
October 08	Free day in Rishikesh; optional walk along the Ganga through Sadhu area, visit Shivananda Kutir and Ashram, evening Ganga Aarati, overnight stay in Rishikesh*
October 09	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 10	Arrival in Europe , or departure to Europe (for those who stayed overnight in Delhi on 09 <sup>th</sup> ).

*\*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 21 by 7.00 PM, Dinner 8.00PM. We will leave the hotel early the next morning (Sept. 22), to travel to Rishikesh.
- Participants whose flights home are on October 10 (morning/afternoon) and who want to stay overnight in Delhi on October 09 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 during the trek. Also, be aware that stairs and mountain pathways are steep and you should be able to cope with these requirements. If you are unsure about your fitness, joint situation (e.g. knees) and/or the condition of your cardiovascular system, please do check with your family doctor. Please feel free to telephone us if you have any doubts.
- 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 which has a 6 month Indian Tourist Visa at the time of travel. (Important: A 30 day E-visa will **not** be recognized in the restricted area to which we are going for the Trek; the trekking permit will be **not** issued on an E-Visa!!!!) (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.)
- Please note that it is essential to have appropriate trekking equipment (which can be costly) such as a sleeping bag up to -15/20 degrees C, trekking shoes and warm clothing
- For the Trek further information (e.g. packing list) will follow.

## **Fees:**

The fee for the retreat is **€ 1,900,- which includes:**

- Seminar fee, and board and lodging in Uttarkashi Ashram
- Overnight stay at our hotel (to be announced) in Delhi 21st September 2017;  
*NB: if you arrive one day earlier (on 20th September or the night from 20th to 21st 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 22nd September and 7th and 8th October 2017
- Trip to Gangotri with overnight stay (accommodation to be advised)
- all the Trek arrangements, trekking permit, forest entry fee, food, overnight stay, tent, transport of luggage
- All meals during the retreat, Trek and during the travel from Delhi to Uttarkashi and back to Delhi

### **not included:**

- your airfare or other transportation to Delhi
- taxi from the airport in Delhi to the hotel, and on the way back from the hotel to the airport
- (optional) earlier night (22nd September) in Delhi
- (optional) dinner upon arrival in Delhi on 8th October night
- (optional) stay at hotel in Delhi on 09th October night for those wishing to depart on 10th October morning/afternoon
- travel insurance
- bottled water, toiletries, snacks, tips in temples, souvenirs etc.
- For the trek are **not** included: filming fees and special transportation services as well as emergency rescue and succor ( i.e. riding mules, chairlift charges, ropeway charges, rescue and succor in the event of any mishap. Any evacuation and/or airlift charges will have to be borne by the group in addition to the travel fee)
- In case of any reason either by natural calamities, road blockage, health sickness or political instability of the days in trek/tour are extended then there will be an additional charge for each additional day per person of approx. 4000-5000 Rupies = ca. 55-70 Euro

## **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](mailto:kyc@kriya.eu) 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 February 28, 2017. (Applications are now being accepted on a first come first served basis)**

**Payment is due on April 30<sup>th</sup> 2017.**

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

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