



ITINERARY (subject to change)

Date	Activity
June 13	Delhi: Arrive at your hotel.* 7:00 pm - Orientation meeting You are responsible for booking and paying for your own flight to Delhi, the hotel in Delhi, and taxi fare from the airport to the hotel.
June 14	After breakfast the bus departs from the hotel in Delhi. Visit Haridwar: Swami Kevalanandaji's Ashram in Haridwar. Drive to Rishikesh in the afternoon for overnight stay in hotel in Rishikesh. Visit Shivanandaji's kutir and attend Ganga arati.
June 15	Departure from Rishikesh after breakfast to Uttarkashi Ashram. Evening meditation and arati at the ashram.
June 15-25	Stay at Hariharananda Tapovan (Uttarkashi Ashram). See daily schedule below.
June 26	Depart after breakfast to Gangotri. Visit the holy temple of Shri Ganga Mataji. Overnight stay in Gangotri.*
June 27	Site seeing. Overnight stay in Gangotri.*
June 28	Visit hot springs. Drive back to Uttarkashi ashram after lunch.
June 29	After breakfast to drive by taxi to Delhi. Transfer to bus in Rishikesh and then stop in Haridwar to meditate at Shri Anandamayee Ma ashram.

*accommodation to be announced

Retreat Schedule at Hariharananda Tapovan June 16 – 25, 2018

5:30 – 7:30am	Meditation
8:00 – 8:30am	Breakfast
9:00 – 10:00am	Class
10:30 – 12:45pm	Meditation
1:00 pm	Lunch
1:30 – 4:00pm	Study and Contemplation/Seva

4:00 – 5:00pm	Class
5:30 – 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

Gangotri Pilgrimage: June 26 – 28, 2018

Participant Criteria:

- Open to Kriyavans of the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.
- Participants should plan to arrive at the hotel in Delhi on June 13 for 7:00 pm Orientation Meeting. The bus will depart on June 14 morning from the hotel to Rishikesh.
- Participants whose flights home are on June 30 (morning/afternoon) and who want to stay overnight in Delhi must make their own hotel reservation.
- Participants must be able to accept basic dormitory accommodation at the ashram with mattresses on the floor and should be prepared to reside in simple living conditions with simple vegetarian food.
- Participants must be of sound health due to high altitude. Stairs and mountain pathways are steep. If applicants are unsure about their fitness, joints (e.g. knees) and/or the condition of their cardiovascular system, they should consult their doctor.
- Participants must meet all deadline dates for application, registration and payment to avoid losing their place in the retreat.
- Participants must have valid travel insurance with medical coverage (not included in the retreat fee), and you must send the organizers a scan or copy of the policy document. The insurance policy needs to cover the total length of the stay in India.
- Participants must hold a valid passport, which has a 6-month Indian Tourist Visa at the time of travel. (Important: A 30-day E-visa may **not** be recognized in some of the areas where we will be traveling.) (Note: online application is mandatory for the visa and due to Indian requirements, the passport must be valid for at least 6 months after the plan to depart from India.)

Fees:

The fee for the retreat is \$1650.00, which includes:

- Retreat; food and lodging at Uttarkashi Ashram
- Transport from Delhi to Rishikesh and visiting ashrams in Haridwar.
- Transport from Rishikesh to Uttarkashi Ashram.
- Hotel in Rishikesh (to be announced) on June 14.
- Transport for return trip from Uttarkashi Ashram to Gangotri.
- Trip to Gangotri with overnight stay (accommodation to be announced).
- Transport from Uttarkashi Ashram to Rishikesh and then to Delhi via Haridwar.
- All meals during the travel from Delhi to Uttarkashi and back to Delhi.

Not Included:

- Your airfare or other transportation fees to Delhi.
- Fees for your hotel and meals in Delhi.
- Taxi fees from the airport in Delhi to the hotel, and on the way back from the hotel to the airport.
- Travel insurance
- Bottled water, toiletries, snacks, tips in temples, souvenirs, etc.
- In the event of having to extend the days of this retreat due to natural calamities, road blockage, health sickness or political instability, there will be an additional charge for each additional day per person.

Applications:

To apply for the retreat, please complete the attached application form and sign, scan, and return it via Email to institute@kriya.org

By January 1, 2018 applications will be accepted.

Deposit of \$350.00 is due on January 10, 2018.

Full payment is due on March 1, 2018. This payment is non-refundable.

(More information will be sent after your application has been accepted.)