

## **10-DAY YOGA IMMERSION, AYURVEDA & HIMALAYAS TREKKING RETREAT GRAND HIMALAYAS, INDIA**

### **THE LOCATION: GRAND HIMALAYAS REGION**

From time immemorial the Himalayas have been known as the cradle of Vedic and Yogic civilization. The aura of the Himalayan peaks and their wild yet peaceful natural beauty, reflected in their grandeur and mysticism, enthralled and intrigued the yogis, mystics, tapaswis, scholars and ascetics from distinct traditions and schools. Great exponents like Shri Chandracharya of the Udasin Lineage, Shankaracharya of the Advaita Vedanta, Gautama the Buddha, Mahavatar Baba of the Kriya Yoga and many others trod the same path and sought refuge in the mighty yet subtle, stubborn yet transformational, rough yet compassionate embrace of the benevolent Himalayas.

This wisdom pertaining to Yoga cultivated and developed in this part of the world, apart from just laying a strong foundation for its own lineage, also ensured that the practice of Yoga and spirituality survives the onslaught of time and remains as inclusive as it was envisioned and indoctrinated by the yogis of the antiquity.

### **THE ASHRAM: SHRI KALYANIKA HIMALAYA DEVASTHANAM: BACKGROUND & CONTEXT**

Shri Kalyanika Himalaya Devasthanam (also known as Dol) is situated in a stunning, pristine area of the Himalayas region in the Uttarakhand State of Northern India. Surrounded by untouched forests of unparalleled beauty, Dol Ashram enjoys the blessings of Mother Nature at its best and offers a gorgeous canvas for spiritual immersion, self-exploration & body-mind-soul alignment.

The Ashram, a beacon of the Sanatana Tradition & Vedic lifestyle, was built by Kalyan Das Babaji with the goal to educate and uplift the spiritual lives of people enabling thus the restoration of life balance & unleashing the potential of our human form. As per the Sanatana Tradition, a human being is the architect of the circumstances he/she creates and hence by being aware of this truth he/she can create a life of fulfilment, by rediscovering the miracle that each person has the potential to untap.

The Ashram welcomes every spiritual seeker with a warm heart & open arm. The center along with its cluster of twenty-one in-built temples demonstrates the architectural excellence in the form of the shrine dedicated to Shri Vidya, believed to bring in peace and prosperity. A group of five temples, the temples of Lord Ganpati, Shiva, Vishnu, Hanuman and Mother Goddess Bhagvati are built within the area of Shri Kalyanika Ashram, reverberating its magical aura. Apart from their captivating beauty, the temples are a central feature in creating a divine ambience with their daily chants, incenses and rituals amplifying the energies for yogic, meditative, and overall spiritual practices.

The heart and soul of the Ashram beats with its in-house Gurukulam (The word *gurukula* is a combination of the Sanskrit words *guru* ('teacher' or 'master') and *kula* ('family' or 'home'). The term is also used today to refer to residential monasteries or schools). Established in the year 2006, Shri Kalyanika Veda Vedanga Sanskrit Vidya Peetham, is the first Gurukulam of its kind where Vedic and Yogic vocation is passed on to the students along with subjects such as IT and English. The aim is to provide education to the underprivileged youth in remote areas & empower the tribes of the region through the gift of knowledge. This is only one aspect of the massive humanitarian work that the Ashram engages in to elevate education & nourish human potential. The demeanor of the students, their beautiful daily routine, the echo of their

chants early morning from the Aarti (ritual), the sound of the bells from the temples nourishes the senses & mesmerizes anyone who partakes in this experience.

### **THE PROGRAMME**

This is a once in a lifetime opportunity to get immersed into a unique combination of Yogic Practice, Ayurveda & Trekking in the Himalayan Mountains out of a true cradle of Yoga, a Yoga Ashram (Monastery), and internalize the depth of the practice in its purest, most authentic & inclusive dimension. Participants will have the space to experience hands-on the principles of yogic life and the treasures of this practice in a transformational manner, ignited by the energies of the Himalayan Mountains, the abundance of Mother Nature & the powerful vibrations of the surroundings.

Participants, will attend daily 4 hours of Yoga & Meditative practices (during the trekking the schedule might vary) and will observe the Ashram way of life, engage in Karma Yoga activities (Selfless Service), partake in aspects of Bhakti Yoga (Traditional Rituals) & follow vegetarian diet with organic ingredients from local produce & home-made dairy products.

They can also seize the opportunity to meet with Sadhus (sages), understand more on their way of life and internalize the yogic spirit in its true essence.

As part of this programme participants will embark on a three-night trekking adventure in the Himalayas region, exploring off-the-beaten path routes, mountain peaks & temples. They will lodge at two different basecamps & savour the magical nature of this untouched region of the world.

Participants will also get to experience the purifying and detoxing benefits of Ayurveda (Science of Life) in the form of selected treatments held in the state-of-the-art Ayurvedic Centre affiliated with the Ashram.

### **THE 4 - DAY (3-NIGHT) HIMALAYAS TREKKING ADVENTURE**

Date	Departure Point	Dep. Time	Destination	Arr. Time	Activity
9 April	Dol Ashram	7:00 AM Breakfast enroute	Gangolihat (Gangolihat is a Shakti Peeth (a shrine dedicated to the Supreme source of Energy) revered and frequented by practitioners throughout the year.)	11:00 AM	Temple Darshan

9 April	Gangolihat	12:00 PM	Patal Bhuvaneshwar Cave (one of the largest natural caves with a plethora of mythology associated. The legend says that the cave is directly connected with Varanasi (an ancient city situated on the banks of Ganges 100s of kms away). Discovered by Adi Shankaracharya in 1191 A.D.	1:00 PM	Trek up to the cave.
	Patal Bhuvaneshwar	2:30 PM	Chaukori (Nestled in the pristine hills, Chaukori is a tranquil haven, offering breathtaking panoramic views of the majestic Himalayan peaks. This picturesque hill station captivates visitors with its serene landscapes and lush tea gardens, creating an idyllic retreat.	4:30 PM	Basecamp for the first night.  (Snacks or tea at Chaukori and then sightseeing) Savor the flavors of the Himalayas with a delightful dinner at 8:00 PM, featuring an array of delectable dishes crafted from the rich and diverse tapestry of local Himalayan cuisine.
10 April		5:30 AM			Morning Tea

10 April		6:00 AM			Yoga/Meditation Session
		7:30 AM			Break-fast
	Basecamp (Chaukori)	8:00 AM	<p>Birathi Waterfall</p> <p>Birathi Waterfall is a mesmerizing natural spectacle. Its pristine waters descend with ethereal beauty, creating a tranquil oasis for nature enthusiasts to revel in the serene ambiance of the Himalayan foothills.</p>	10:30 AM	
	Birathi Waterfall	11:30 AM	<p>Munsiyari</p> <p>Nestled in the lap of the Kumaon Himalayas, Munsiyari, enchants with its breathtaking vistas of snow-capped peaks and alpine meadows. A haven for trekkers, it captivates with its tranquil charm, offering a gateway to the celestial beauty of the Panchachuli Range.</p>	1:15 PM	<p>Basecamp</p> <p>Lunch at 1:30 PM</p> <p>Visit Nandadevi temple-Museum in the evening and explore local Himalayan Market. Savor the flavors of the Himalayas with a delightful dinner at 8:00 PM, featuring an array of delectable dishes crafted from the rich and diverse tapestry of local</p>

					Himalayan cuisine.
11 April		5:30 AM			Morning Tea
	Basecamp	7:00 AM (after early break-fast)	Khaliya Top  Perched at an altitude of enchantment, Khaliya Top in Kumaon, Uttarakhand, unfolds as a panoramic spectacle, offering awe-inspiring views of the snow-clad Himalayan peaks. A trekker's haven, its pristine meadows beckon with a serene beauty, inviting adventurers to bask in the tranquility of the high-altitude wilderness.		15 km trek with local guides witnessing and observing wild-life, Eco diversity, long range panoramic view of the alluring Himalayan peaks and verdant valleys.
	Balanti Farm	5:00 PM	Basecamp	6:00 PM	
12 April	Basecamp	8:00 AM	Ashram  Road trip through the beautiful Himalayan valley.	4:00 PM	Bone fire, dinner, and rest.

### **The Basecamps**

Both Basecamps are perched on a hilltop and surrounded by the thick Oak forest in Chaukori and Munsiyari. The hotel is a perfect getaway from the hustle bustle of city life. The mesmerizing viewpoints of Chaukori in Kumaon, Uttarakhand, offer a stunning panorama of the majestic Himalayan peaks, including Nanda Devi, Panchachuli, and Trishul. Likewise, Munsiyari boasts breathtaking views of the Panchachuli Range, capturing the grandeur of these pristine summits that adorn the Kumaon region.

Wake up to the chirping of the birds, catch the mesmerizing Himalayas, meditate amidst the serene surroundings, spend a leisurely afternoon reading a book or take a village walk in the evenings.

### **Programme Overview**

1. Lodging at the Ashram Quarters (Twin Room) with ensuite bathroom
2. Yoga, Pranayama & Meditation Practices 4 Hours per Day (schedule may vary during trekking days)
3. Full Board Vegetarian Meals
4. Immersion into the real Ashram life with daily schedule observation:
  - Practice of Yogic Yamas & Niyamas (Restrains & Observances)
  - Bhakti Yoga: Daily Immersion in Ashram Rituals
  - Karma Yoga: Selfless service toward the Ashram Community (Temple Cleaning, Gardening, Housekeeping, Cattle Feeding, School Errands)
  - Havan: (Ritual involving offering to a consecrated fire) Aarti: (Sanskrit: Ārātrika, Hindi: Ārtī is a Yogic ritual employed in worship, often part of puja, in which light [-usually from a flame-] is offered to one or more deities accompanied by mantras and chants in praise of the deity, when the light is being offered)
5. 4-Day Himalayas Trekking adventure with visits to: Gangolihat Temple, Patal Bhuvaneshwar Cave, Chaukori- stunning panorama of the majestic Himalayan peaks, Munsiyari, Khaliya Top.
6. 3-Night stay at 2 Basecamps (Sharing -Room available only), meals included
7. Two (2) Ayurveda Treatments

### **ACCOMMODATION**

#### **1. Shared Double Room With En-Suite Bathroom**

**Price USD \$1815 + VAT (AED 6,650 + VAT)**

Shri Kalyanika Ashram's quarters are situated at a tranquil, secluded location within the venue, offering a breathtaking view of the surrounding jungle and the Himalayan Mountain Tops when the skies are clear. The guests wake up by the sounds of the early morning temple bells - where the arti is performed- and the songs of the endless bird species inhabiting the region.

All rooms have windows allowing ample natural light & fresh mountain breeze to come in. Each room is fully furnished and has two wide, comfortable beds separated by a large nightstand. All quarters have a simple en-suite bathroom with hot water at all times.

#### **2. Private Room with En-Suite Bathroom**

**Price USD \$1990 + VAT (AED 7,300 + VAT)**

There is limited number of rooms with simple ensuite bathroom that can be booked for one person (twin bed) with additional charge

**IMPORTANT NOTE: In the base camps there is sharing room option only.**

### **DATES**

- **Arrival By:** Fri 05.04.2024 (Travel Day)  
Retreat Start Date: Sat, 06.04.2024  
Retreat End Date: Sat, 13.04.2024
- **Departure On:** Sun, 14.04.2024  
Total Duration: 9 Nights, 8 Retreat Days + 2 Travel Days = 10 Days

### **WEATHER INFORMATION**

The month of April is known as a pleasant month. The average maximum daytime temperature in Almora during this time hovers around 28°C. The average temperature goes down to around 13°C during nighttime. In Munsiyari (7,200 ft), the average daily temperature is rather chilly with highs of 16°C, & evening temperatures as low as 2°C. It is necessary to have extra warm clothing for both outdoor & indoor comfort.

### **TRAVEL INFORMATION**

The programme starts at 7.00am on Saturday April 6th 2024. Participants need to plan their international travel in a way that they catch the daily flight from Delhi to Pantnagar at 10.55 am in the morning of Friday April 5th (all details are listed in the Travel Help section). Transfer from Pantnagar airport to the Shri Kalyanika Ashram (by car) is arranged for this specific date & time only. The road trip from Pantnagar airport to the Ashram takes approximately 4 to 5 hours (113KM). There will be two brief stops along the way for stretching/restroom or quick tea break. The road travel is beautiful, yet long and off the beaten track, as we will be climbing up the mountains.

### **WHAT IS INCLUDED IN THE PRICE:**

1. 6 nights in Twin or Private Bedroom with ensuite bathroom at Shri Kalyanika Himalaya Devasthanam
2. Full board vegetarian meals - 3 Vegetarian meals per day, freshly made from local produce & dairy; Himalayan cuisine at the basecamp.
3. Yoga & Meditation Practices 4 Hours per Day (schedule may vary during trekking days)
4. 4-Day Himalayan Trekking Adventure & Stay: 3 nights in Sharing Bedroom with ensuite bathroom at Basecamp Resort, Chaukori and Munsiyari.

5. Tea & Coffee twice per day (except trekking days)
6. Daily Housekeeping (Ashram)
7. Transport (To & From) PGH Airport/Ashram
8. Transport (to & From) the Himalayan Hill Station
9. 2 Ayurveda Treatments

#### **PRICE DOES NOT INCLUDE**

- Entry Visa to India
- International & Local Flights
- Travel Insurance
- Laundry Service at the Ashram or Basecamp
- Extra Ayurveda Treatments
- Extra Meals outside of the Ashram & the Basecamp

#### **RESPECTING LOCAL CULTURE**

The Ashram is a place of worship & spirituality; it encompasses 21 temples, where rituals take place daily. There is also a Gurukulam (residential school) in the same area. As such, we request all students to be respectful of the local culture, temple rituals & the wider etiquette followed in the tradition.

Participants are requested to exhibit peaceful demeanor, respect the Ashrams' rules & timings, wear modest clothing & refrain from causing any disruption to the way of life of the monks & the school students.

Important to note that meat eating, consumption of alcohol or use of any substances is prohibited in this venue.

#### **TRAVEL HELP**

There is one daily domestic flight from New Delhi (DEL) to Pantnagar (PGH) airport. Participants should book this domestic flight on the 05.04.2024 in order to arrive timely for the start of the programme. Post arrival at Pantnagar Airport, participants will be picked up and transferred to Shri Kalyanika Ashram. The travel time between Pantnagar Airport & the Ashram is approximately 4 - 5 Hours by car (113KM). There is no flexibility on airport transfer from PGH to the Ashram and vice versa. The participants will be transferred by vehicle once off to & from, only on the pre-scribed dates of the domestic flights below.



Please book this flight:

**TRAVELING TO:**

- Travel Date: 05.04.2024
- Day: Fri
- Air Carrier: Indigo
- Itinerary: DEL-PGH
- Flight No: 6E7324
- Departure Time: 10.55AM
- Arrival Time: 11:55 AM

**TRAVELING FROM:**

- Travel Date: 14.04.2024
- Day: Sun
- Air Carrier: Indigo
- Itinerary: PGH-DEL
- Flight No: 6E7157
- Departure Time: 03.00 PM
- Arrival Time: 04.10 PM

All participants need to plan their arrival to Indira Gandhi International Airport from their international departure points in a manner so that they will be able to board Indigo's domestic flight on 05.04.2024 at 10.55am. There might be a requirement to change terminal, so please allow ample layover between your international arrival time & the departure time of Indigo Flight No: 6E7324 on 05.04.2024 at 10.55am. Same rationale should be followed for the return date on the 14.04.2024.

A wise solution to ensure a smooth & relaxed travel experience on 05.04.2024 is to spend the night before the domestic travel in a hotel close to New Delhi airport (04.04.2024) – in New Delhi Aerocity.

Plenty of options via a quick search in [booking.com](https://www.booking.com)

**Visa**

For requirements regarding tourist visa please research below links:

<https://indianvisaonline.gov.in/>

<https://visa-to-india.com/>

<https://www.india-easytourism.com/>

## **WHAT TO BRING**

1. Sets of Yoga Clothing: please ensure you bring comfortable clothing for the Training Programme (for asana & meditation practices); note that only bra-type tops without a shirt on are not allowed at the Ashram. Leggings for yoga are acceptable.
2. Warm Layers, Loose & Lightweight: Days can be warm & pleasant, but the evenings can be on the chilly side. During the basecamp days/nights weather will be cold, so warm clothing is an absolute must. Please ensure you bring heavy sweaters, jackets, warm socks & head ware – weather patterns in the region can be unpredictable. Raincoat is always a good idea to keep handy.
3. Laundry service is available at a small charge; it is recommended to plan your clothing accordingly for all the days.
4. High ankle waterproof trekking shoes, dark sunglasses, sun cap, sunscreen, water bottle, rain gear / umbrella, trekking poles, gloves, wind cheater, trek pant.
5. Comfortable sport shoes & trekking boots: Your best friend for the trekking routes
6. Flip flops/casual flat sandals: Always come handy as in most Ashram areas shoes should be off
7. Modest clothing for both men & women: For temple visits & rituals; That includes loose trousers, long loose dresses and long sleeve blouses or dhotis (for women) & lungi (for men).
8. Shawl/Pashmina: for Meditation practices & hair cover when in temples (for women)
9. Protective wear: eyeglasses, sunscreen, sunhat
10. Yoga Mat: Please bring your own mat
11. Personal Toiletries: Hand Soap, Shower Gel, Shampoo, Toothbrush & Toothpaste. All necessary toiletries for the daily routine should be considered
12. Towels: Hand Towels & Bath Towels
13. Filtered Water Bottle: Ensure your water is filtered and always on hand
14. Hairdryer: It is not available
15. Insect repellent: There is nothing that will hurt you, but it is just not worth the itchiness!
16. Sanitizers & Alcohol solution
17. Other Details: The Ashram provides bedsheets & blankets, but not towels
18. Please communicate in advance any food allergy

19. Please communicate if you have any medical condition that the organization needs to know of
20. Kindly note that the Ashram is in a remote area, away from commercial activity & shopping areas. You are encouraged to provision in advance for anything that is necessary in your daily routine (e.g. Food supplements, medicines, contact lenses etc.)
21. Please carry some local currency (INR) with you – max 200 USD should be enough

### **FREQUENTLY ASKED QUESTIONS**

**1. Is there any ATM/Bank nearby?**

No, the Ashram is in a remote mountainous area with no nearby banking facilities

**2. Should I carry cash along?**

Always a good idea to carry some cash in local currency (INR) – approximately 16,500 INR (~ 200 USD) should suffice.

**3. Any packing advice?**

Pack smart. Select only clothing & items that are relevant to the nature of this travel. Medium sized luggage is optimum -max free baggage allowance for domestic flights is 15KG (link: [https://www.goindigo.in/baggage.html?linkNav=baggage\\_Header~info](https://www.goindigo.in/baggage.html?linkNav=baggage_Header~info))

**4. Is there Wi-Fi connection during this expedition?**

Kindly note that we are visiting remote areas, and Wi-Fi connection is scarce both at the Ashram & the basecamps.

### **ADDITIONAL INFO ABOUT THIS EXPERIENCE**

Kindly note that with your participation in this retreat/expedition you are supporting the Ashram's humanitarian work, including its Gurukulam.

Should you wish to bring along some small gift(s) for the schoolboys of the Gurukulam you are most welcome. Candies, chocolates, egg-free sweets always met with enthusiasm!