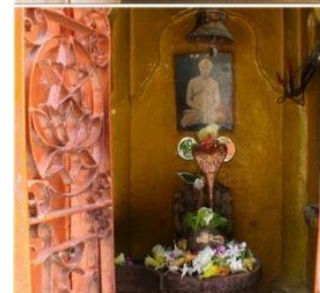
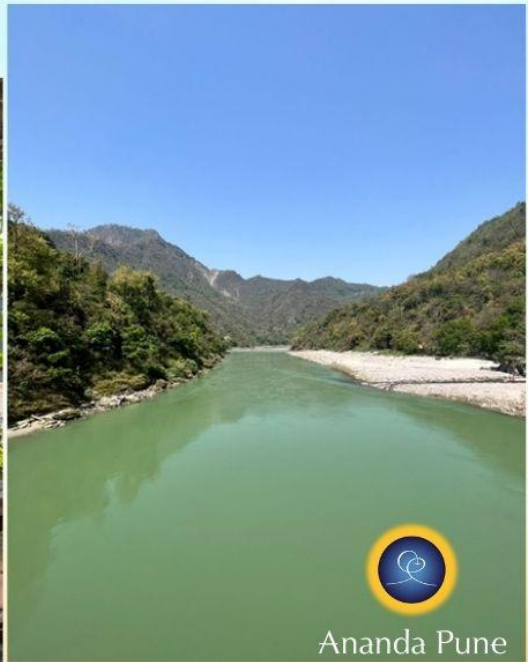


Special Wellness Retreat & Pilgrimage to

RISHIKESH, HARIDWAR, CHAMBA

July 27 - July 30

Registrations Open!



Overview

Rishikesh and Haridwar are considered the *twin national heritage cities*. Haridwar literally means 'the abode of Lord Vishnu.' Rishikesh, known as the “place of sages” is a spiritual town situated 24 kms upstream from Haridwar, at the confluence of the Chandrabhaga and Ganga. It is believed that God by the name of “Hrishikesh” had appeared as an answer to the hard penances by Rabhiya Rishi and henceforth the place derived its name.

This pilgrimage is a time for diving deep in the sacred sylvan settings of these ancient cities. We'll visit the Haridwar ashram of Swami Keshabananda, a highly advanced disciple of LahiriMahasaya where a portion of the great Avatar's ashes are enshrined; meditate in Vashista Gufa, where Sage Vashista, Lord Raam's Guru meditated, and in Swami Chidananda's kutir (an advanced disciple of Swami Sivananda whom Swami Kriyananda highly regarded as a friend and brother monk), retreat at Chamba for inner renewal, visit Anandamayee Ma's samadhi mandir, and other blessed visits.

Come and explore the greatness that lies within you through this pilgrimage.

This pilgrimage is led by Brahmachari Gaurav and Nayaswami Bhavani. It will begin on Thursday morning in Delhi and will end by lunch in Haridwar on Sunday.

Goals

You will experience:

1. Inner Renewal & Relaxation in the Sacred Sylvan Environs of Rishikesh/Haridwar
2. Guided yoga & meditation sessions to Awaken our Inner Self
3. Nature Walks & Silent Trails
4. Soul-communion & Self-Expansion
5. Relaxing in the Company of Master & Swami - Fireside Chats & Stories

6. Evening Kirtans & Fire Ceremony

Accommodation & Fees

The program fees will depend on the accommodation option you choose. You have 2 options:

Double Occupancy* (Including transportation)	Rs. 26,000/person
Single Occupancy (Private Room) (Including transportation)	Rs. 31600 OR Rs 33500 /person (depending on room category)

**You can choose your room partners; alternatively, if you prefer, we can assign you a room partner.*

We will be staying 1 night in Rishikesh and 2 nights in Chamba at:

- Ayushman Retreat, Rishikesh: <https://ayushmanretreat.rishikeshcalling.com/>
- Tehri Club and Resorts, Chamba: <https://tehriclubandresorts.com/>

Schedule

The pilgrimage begins on **Thursday, July 27**.

Everyone is requested to gather in Delhi before departure for Rishikesh.

You can choose to fly in a day early and stay the night in Delhi or fly into Delhi directly on the morning of the pilgrimage.

THURSDAY, JULY 27	
6:00am	Leave Delhi for Rishikesh by bus
8:30am	Breakfast on the way
11:45am	Visit Swami Keshabananda's ashram in Haridwar where a portion of Lahiri Mahasaya's ashes are enshrined
2:00pm	Arrive at our hotel in Rishikesh and proceed for lunch
2:45pm	Rest time
4:30pm	Leave for Swami Chidananda's kutir for our evening sadhana
6:15pm	Short walk to ghat for evening Ganga aarti
7:00pm	Free time to visit local shops along the ghat
8:00pm	Dinner

FRIDAY, JULY 28	
5:30am	Morning Sadhana
7:00am	Shower, pack bags and check-out
8:00am	Breakfast
8:45am	Journey to Vashishta Gufa (45 min drive followed by 10-15 min downhill walk to the cave)
9:45am	Meditation in the caves (Vashishta gufa and Arundhati gufa) and an opportunity to take a dip in the Ganges
11:45am	Bus journey to our resort in Chamba
3:00pm	Lunch at Resort
4:00pm	Rest time

5:45pm	Tea and Opening Circle
6:30pm	Evening Sadhana
7:45pm	Dinner followed by kirtan

SATURDAY, JULY 29
RETREAT DAY @ THE RESORT

SUNDAY, JULY 30	
5:30am	Morning Sadhana
7:00am	Shower, pack bags and check-out
7:45am	Breakfast
8:45am	Bus journey to Haridwar
12:15pm	Visit Anandmayi Ma's Ashram and Samadhi Mandir
1:30pm	Lunch
2:30pm	Leave for Delhi and reach by late evening

What does the program fee cover?

The programme fee includes the bus cost from Delhi, all group transportation, hotel accommodation (3 nights), all meals during the pilgrimage, and hotel tips.

What does the program fee NOT cover?

- Flights/Train to Delhi
- Stay while in Delhi before and after the pilgrimage
- Snacks and beverages
- Travel insurance

- Medical care, should you need it
- Donations at ashrams
- Personal hotel expenses

Payments

Your seat is confirmed after we receive *full payment* in order to help us manage expenses. **We invite a deposit amount of Rs. 10000/- by JUNE 15 and full payment by JUNE 30.**

Kindly use the following bank details to pay online.

Account Name: Ananda Sangha – Pune

Account Number: 913010028222293

Branch Name: AXIS Bank, Bavdhan, Pune

Account Type: Savings

MICR: 411211032

IFSC Code: UTIB0001918

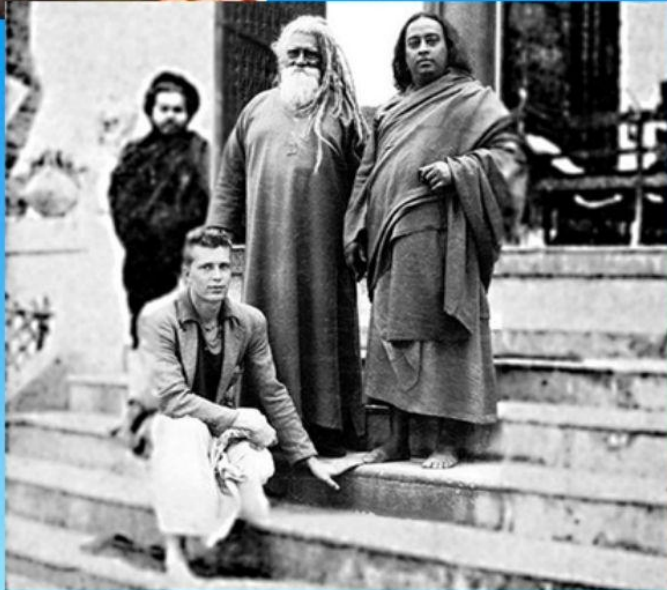
If you have any questions, contact: **Zenia @ +91 9922403673.**

Enjoy more pictures in the following Appendix section...

Appendix



We will meditate in the Haridwar ashram of Swami Keshabananda, a highly advanced disciple of LahiriMahasaya where a portion of the great Avatar's ashes are enshrined.





We will meditate in the
Samadhi mandir of the
great woman saint,
Ananda Moyi Ma.





We will meditate in the kutir of Swami Chidananda, the chief disciple of Swami Sivananda, founder of the Divine life Society. Chidanandaji was also a dear friend of Swami Kriyananda



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We'll meditate in ancient caves along the banks of the Ganges such as Arundhati gufa pictured below where some say Jesus Christ meditated during the 'missing years' he spent in India. Swami Kriyananda has described a blissful seclusion he enjoyed at this spot many years ago.