



# Kedarnath Darshan & Rishikesh Retreat

## Program Detail

**Kedarnath Darshan :**

12<sup>th</sup> Oct to 15<sup>th</sup> October 2019

**Rishikesh Retreat :**

16<sup>th</sup> Oct to 22<sup>nd</sup> October 2019

**Last Date of Registration**

31<sup>st</sup> July' 2019

**Email ID**

**[mithilesh@skylasoft.com](mailto:mithilesh@skylasoft.com)**

**Contact Person Name and No.**

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Dear Kriyavans,

It is joy to inform you all that an International Kriyayoga Retreat is being organized in Rishikesh from 16<sup>th</sup> Oct'19 to 22<sup>nd</sup> Oct'19 and Just before the Retreat, visit to Kedarnath Temple is also being organised from 12th to 15th October 2019.



## Kedarnath Darshan

Visit to Kedarnath Temple is also being organised from 12th to 15th October 2019 which is a shrine dedicated to Lord Shiva situated at the height of 3583 meter ( 11755 ft) in the Garhwal Himalayan range and is 223 km away from Rishikesh. According to the mythology, Kedarnath temple was initially built by Pandavas and is one of the twelve Jyotirlingas, the holiest shrine of Lord Shiva.



Weather conditions in the month of October will be very cold at Kedarnath and Gupt Kashi. Average minimum and maximum temperature at Kedarnath in October is 15°C and 25°C. So participants are suggested to bring their winter cloths. Best efforts have been made to make the stay in Guptkashi comfortable and enjoyable. As there is no road route to Kedarnath temple, people go there either by trekking of 16 km from Sonprayag or by helicopter from Gupt Kashi. We will go there by helicopter from Gupt Kashi.

Important Information related to booking etc. have been given in the last page of the brochure. Following tariff will be applicable from Rishikesh to Kedarnath and back.

<b>Kedarnath (Cost per head) From 12.10.19 up to 15.10.19</b>	<b>Rate Applicable</b>	<b>Rooms available</b>
Super Delux (Double Bed) in GMVN	16800	1
Delux (Double Bed) In GMVN	15452	12
Family Room (Four Bed) in GMVN	14500	2
Dormitory (Six Bed) in GMVN	13800	2
Double Bed in Himalayan Guest House	14100	10



## Rishikesh Retreat

An International Kriyayoga Retreat is being organised in Rishikesh, a city in Dehradun district of the Indian state Uttarakhand located in the foothills of the Himalayas in northern India from 16th to 22nd October 2019. Situated at the elevation of 372 meter (1220 ft) and on the bank of the Ganges, Rishikesh is considered to be one of the holiest places in India and is also known as the "Yoga Capital of the World".

Retreat will be held in Vanaprasth Ashram situated near famous Ram Jhula and beside holy Ganges in one side and beautiful mountains on the other side.



Weather conditions in the month of October will be pleasant in Rishikesh with average low temperature of 15°C and average high temperature of 30°C. Best efforts have been made to make the stay in the retreat comfortable and enjoyable. However, lodging and fooding arrangements of all participants in Rishikesh along with Guruji will be done in Vanaprasth Ashram. Retreat sessions will be held in Satsang Hall of the Ashram. All rooms are good with geyser facility whether air conditioned or not. Good food will be served at

dining place. But it is an Ashram and not a hotel, so services are not provided in rooms. It is also important to note that Ashram gates are closed at 10 PM and opened at 5 AM. Details of the participation fee is given below.

<b>Rishikesh Retreat (Cost per head) From 16.10.19 up to 22.10.19</b>	<b>Rate Applicable</b>	<b>Rooms Available</b>
Non AC Double Bed + 1 Extra (If required)	9000	59
AC Double Bed + 1 Extra (If required)	10000	26

# Important Information and Registration Detail

Those kriyavans (initiated in dynastic lineage of kriya yoga) who want to participate in either the Retreat or in the Kedarnath temple visit or in both may register their name on or before **31st July 2019** by **depositing 20 % of the total cost on non-refundable basis** of the participation fee in the given bank account and then by sending an email along with required details.

<b>Account Holder Name :</b>	Satyalok Kriyayoga
<b>Account Number:</b>	30263804805
<b>Branch Code:</b>	04660
<b>IFS Code:</b>	SBIN0004660
<b>Bank:</b>	SBI, XLRI Branch, Jamshedpur.

**Information pertaining to each participant family wise / groupwise (if applicable) are to be sent as per format below through the email to - [mithilesh@skylasoft.com](mailto:mithilesh@skylasoft.com)**

Srl	Name of Participants	Age	Sex	Place / Country	Name of events	Detail of Amount deposited	Date of Arrival & Departure
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## Important Information:

- Participants for Kadarnath should reach Rishikesh by 12<sup>th</sup> October 2019
- Registration request to be made group wise / family wise
- During trip to Kedarnath the Helicopter service will allow the standard weight of 80 kgs. per person. In case of overweight INR 150 per kg will be added to his/her cost. This cost will require to be paid by the participant on the spot.
- Children under the age of six years can come in Retreat free of charge, provided the child does not take extra bed in the room extra plate in the dining hall.
- Participants have to bring certain things like towels, soaps and lock and key for locking the door of their room.
- Participants will have to reach Vanprastha Ashram on their own cost
- Participants may come to Rishikesh either by Train / Bus up to Haridwar then 1-hour journey by road to Vanprastha Ashram, Near Ram Jhula, Rishikesh. Or Participants may reach by flight to Dehradun Airport then 1:30 hrs. journey by road to Vanprastha Ashram, Near Ram Jhula, Rishikesh.
- Following rates will be applicable if someone wishes to book the vehicles from our end provided one person will be responsible to coordinate and pay the amount directly to vehicle provider as per rate below.

Type of Vehicle	Haridwar Railway Station to Vanprastha Ashram	Deharadun Airport to Vanprastha Ashram
4 Seater Car	1500	1500
6 Seater Car	2200	2200
12 Seater Traveler	2400	
27 Seater Bus (2 x 2)	4500	5500

- Participants of Rishikesh Retreat should reach Rishikesh by 1<sup>st</sup> half of 16<sup>th</sup> October 2019
- Room cleaning and bed sheets changing will be done on the interval of 2 days.
- Detail of the program schedule is given below.

Date	Event (Kedarnath)	Date	Event (Retreat)	Date	Event (Retreat)
12.10.19	Arrival at Vanprasth Ashram, Rishikesh	16.10.19	Retreat Registration (By 1 <sup>st</sup> Half)	19 <sup>th</sup> & 20 <sup>th</sup> Oct	Retreat Full Day
13.10.19	Journey to Guptkashi & stay	16.10.19	Inaugural session 2 <sup>nd</sup> half	21.10.19	Visit to Haridwar
14.10.19	Kedarnath Darshan & back	17.10.19	Retreat Full day	21.10.19	Rishikesh Ganga Arati & Bhajan
15.10.19	Return from Guptkashi	18.10.19	Visit to Devprayag & Bashist Cave	22.10.19	Q & A Departure after Lunch