

“The Himalayas are one place where people can understand life just as life – not as culture, not as morality, not as ethics, not as religion, not as this or that – simply knowing life just the way it is”

- Sadhguru

The Himalayas, venerated as the abode of the Enlightened, has been a destination of great significance for spiritual seekers across the world. Sadhguru has always felt a deep affinity for these sacred mountains. As an endeavour to share this mystical connection, with the grace and guidance of Sadhguru, Isha organizes Sacred Walks to Himalayas every year.

Himalayan Sacred Walks presents an excellent opportunity to soak in the sacred energies of these enchanting and majestic mountains. The sojourn comprises meditations and treks in some of the most idyllic yet powerful places in the Garhwal region of the Indian Himalayas.

Sathsangs take place as the trip unfolds with some of the earth’s most incredible landscapes serving as the backdrop. Powerful meditations and processes allow one to experience higher states of consciousness and experience the impact it has on the delicate relationship of body, mind and energy; ultimately aimed at evoking the power of the mystical mountains and the Grace of the Guru.

Isha takes utmost effort in making this unique sojourn, managed by our highly trained and dedicated teachers and volunteers, a truly memorable experience. Every individual is looked after with genuine care and attention.

Program Dates:

Group	Ex New Delhi	Ex Chennai	Ex Vijayawada
A	28 th Sep to 8 th Oct	26 th Sep to 10 th Oct	27 th Sep to 10 th Oct

Registration closes on 15th August, 2016. However, if all places are filled, registration may close earlier.

Conveniences offered

The entire sojourn is conducted and managed by a dedicated Isha team, which includes a qualified and well-equipped doctor who will accompany the group throughout the journey.

Comfortable accommodation, wholesome vegetarian food and mineral water, and the entrance fee for all places on the itinerary, will be provided throughout the trip. Isha will also arrange for train travel to New Delhi from Chennai, Vijayawada and back, and deluxe bus travel from New Delhi to the Himalayas and back.

To make it possible for you to take this mystical journey back home, Isha offers a collection of select photos after the sojourn.

Note: Please plan for costs towards pony, porter and helicopter service if needed during the trek, personal expenses and other expenditures not mentioned here.

Registration Requirements:

- ★ The Registration form can be filled online at www.sacredwalks.org, or a printed copy can be mailed to you upon request. The Medical and Indemnity forms are also attached to the application form.
- ★ All forms should be completed, signed and sent along with the requested supporting documents on or before the last date of registration.
- ★ Since you will be spending several days in the Himalayan region, participants are required to undergo the medical tests mentioned in the Medical form and get the attached doctor's certificate signed.
- ★ Applications are processed on a first-come-first-served basis. Therefore, registration may close earlier if all places are filled.

We will send you a confirmation of your registration within two weeks of receiving your registration form, required documents, and medical reports.

Since train ticket reservation starts 120 days before the journey, interested participants are requested to register at the earliest to ensure confirmed train ticket from your desired destination.

Isha maintains the right to accept or reject any application without providing an explanation.

Itinerary

Day 1: Hardwar

Travel from New Delhi to Hardwar, one of the most sacred cities in India.

Day 2: Uttarkashi

Enjoy the beautiful vistas that unfold while driving to Uttarkashi. Visit the powerful, two-thousand-year-old Kashi Vishwanath temple in the evening.

Day 3: Gangotri

Visit the Gangotri temple dedicated to Goddess Ganga. Have a dip in Bhagirathi and meditate at the banks of this sacred river. Overnight at Uttarkashi.

Day 4: Pipalkoti

Stopover at Pipalkoti for overnight stay.

Day 5: Badrinath

Badrinath is known for its ancient Vishnu temple and for its natural hot springs. Visit the Badrinath temple, Vyasa cave, Bheempul and Mana - the last Indian village near the Indo-Chinese border. A satsang and meditation will follow in the evening.

Have a glimpse of Karnaprayag, Vishnuprayag and Nandaprayag, while travelling to Badrinath. Karnaprayag marks the confluence of the Alakananda and Pindar rivers. It is here that Karna is said to have propitiated Surya to acquire an impregnable shield for battle. Vishnuprayag is the confluence of Alakananda and Dhauliganga rivers, where Vishnu appeared to sage Narada. At Nandaprayag, Krishna's father Nanda, is supposed to have conducted a great sacrifice, where the Alakananda and Nandakini rivers come together.

Day 6: Guptkashi

Known as secret Kashi, it is famous for the ancient Vishwanath Temple said to have been consecrated by the legendary sage Agastya himself. Along the way, have a glimpse of Rudraprayag, a confluence of Alakananda and Mandakini rivers. According to legend, Shiva appeared as Rudra, to sage Narada who was in an intense state of meditation here.

Day 7: Kedarnath

Trek to the ancient and powerful Kedarnath temple, site of one of the 12 Jyotirlingas, where the group will go through satsangs and meditations.

Day 8: Guptkashi

Return from Kedarnath. A satsang and meditation will be conducted here.

Day 9: Hardwar / Rishikesh

On the way back, visit Devprayag – meaning “holy confluence” – which marks the place where the Alakananda merges with the river Bhagirathi, giving birth to the Ganga. Participate in the evening Aarti at the banks of the Ganga at Rishikesh – the Gateway to the Himalayas.

Day 10: Hardwar

The day is free to explore the city on your own.

Day 11: New Delhi

Return to New Delhi around 6 pm.

- ★ The participants are required to be at New Delhi railway station on 28th September by 8.00 am or outside New Delhi Airport Terminal-1 by 10.30 am.

Prerequisites

Medical: Be physically and mentally fit.

- ★ Please note that this trek is not advised for pregnant women and those suffering from chronic health problems like epilepsy, heart ailments, uncontrolled BP or diabetes or asthma, psychological problems, physical disabilities and obesity.

Isha Yoga Program: It is necessary to have completed an Isha Yoga program.

General Guidelines

- ★ Please carry a valid government photo ID card (Voter ID, Driving License, Passport, Pan Card, etc.) as it may be required while travelling in the train or at the hotel.
- ★ Smoking and/or drinking alcoholic beverages is strictly prohibited for the entire duration of the program.

How to prepare yourself

The journey involves trekking at an altitude of 13,000 feet, over distances of up to 17 kilometres at a stretch. To make the most of the Himalayan Sacred Walks, you should start an exercise regime and develop a walking habit, at least a month prior to the trip. We strongly recommend:

- ★ Daily brisk walking or jogging for 5 km.
- ★ Isha meditators are advised to do their daily practices.

Physical and mental fitness is required, since at times participants may face difficulties due to limited facilities and extreme weather conditions. Horses are available for hire during the trek to Kedarnath and can serve as a welcome assistance either for carrying baggage or an extremely weary participant. Helicopter services to Kedarnath are available subject to weather conditions; interested participants can make use of this service.

Packing Suggestions

As we will be travelling by bus, it is advisable to pack as light as possible. A trekking bag with waterproof cover is needed for the treks and also to carry the daily requirements and frequently used items inside the bus. The rest of the items can be packed in a suitcase or a handbag. Due to the confines of space, it is necessary to keep luggage on the bus roof; therefore it is advisable to bring bags that are rain resistant and durable.

We recommend the following items:

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| ★ Rain-proof jacket with hood and pant – 1 each | ★ Woolen cap and scarf – 1 each |
| ★ Overcoat/Jacket - 1 | ★ Water-proof/resistant trekking shoes with a good tread/grip – 1 pair (e.g. Nike, Adidas, Reebok, etc.) |
| ★ Warm T-shirts and pants – 2 each | ★ Water-proof gloves - 1 pair |
| ★ Clothing (please avoid <i>saris/dhotis</i>) – 6 sets | ★ Woolen socks – 2 pairs |
| ★ Sweater and shawl – 1 each | ★ Camera (optional). <i>Please note that video cameras are not permitted</i> |
| ★ Thermal inner wear - 2 pairs | |
| ★ Wide rim hat - 1 | |

Other essential items:

- * Personal clothing
- * Toiletries
- * Inflatable pillow
- * Small flask
- * Sunscreen lotion (50 SPF or more)
- * General footwear
- * Towels
- * Toilet tissues
- * Water bottle
- * Sun glasses
- * Snacks
- * Hand sanitizer
- * Powerful flashlight (with extra batteries)
- * Extra large plastic garbage bags – 4 / 5
(to protect your clothes from moisture)

First aid medical kit

- * It is important to carry a personal medical kit with electrolyte packs, pain killers, muscle relaxant cream, band-aids, knee-cap, Vaseline, medicines for fever, common cold, headache, nausea, vomiting, diarrhea, indigestion, and any other medication necessary.
- * If you are being treated for diabetes, please check with your physician if any change in medication is needed due to the altitude and trekking involved.

Communication Facility

BSNL cell phones work fairly well in the Himalayan region.

Temperature and Weather Conditions

Weather conditions from May to September can be expected to be dry and sunny, with precipitation in July and August. Day time temperatures can be as high as 20 to 25°C. Night-time temperatures can drop as low as 0 to -5°C.

Isha offers this program not as a tour, but as a possibility for deep spiritual transformation. Imbibing the overwhelming power, energy and grace of the Himalayas opens one up to higher dimensions of life, more so when the guidance of a realized master illuminates every step.

Sadhguru

Yogi, mystic and visionary, Sadhguru is a spiritual master with a difference. An arresting blend of profundity and pragmatism, his life and work serve as a reminder that yoga is not an esoteric discipline from an outdated past, but a contemporary science, vitally relevant to our times. Probing, passionate and provocative, insightful, logical and unfailingly witty, Sadhguru's talks have earned him the reputation of a speaker and opinion-maker of international renown. With a celebratory engagement with life on all levels, Sadhguru's areas of active involvement encompass fields as diverse as architecture and visual design, poetry and painting, ecology and horticulture, music and sports.

For registration and further information:

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