

UTTARKASHI ॐ GANGOTRI ॐ GOMUKH ॐ GANGA MATA DARSHAN ॐ

नामरूप

NAME & FORM

# NAMARUPA

## GANGA YATRA

APRIL 27-MAY 12, 2008



**SWAMI JANARDANANANDA HIMALAYAN HOST**

**ROBERT MOSES YATRA GUIDE**

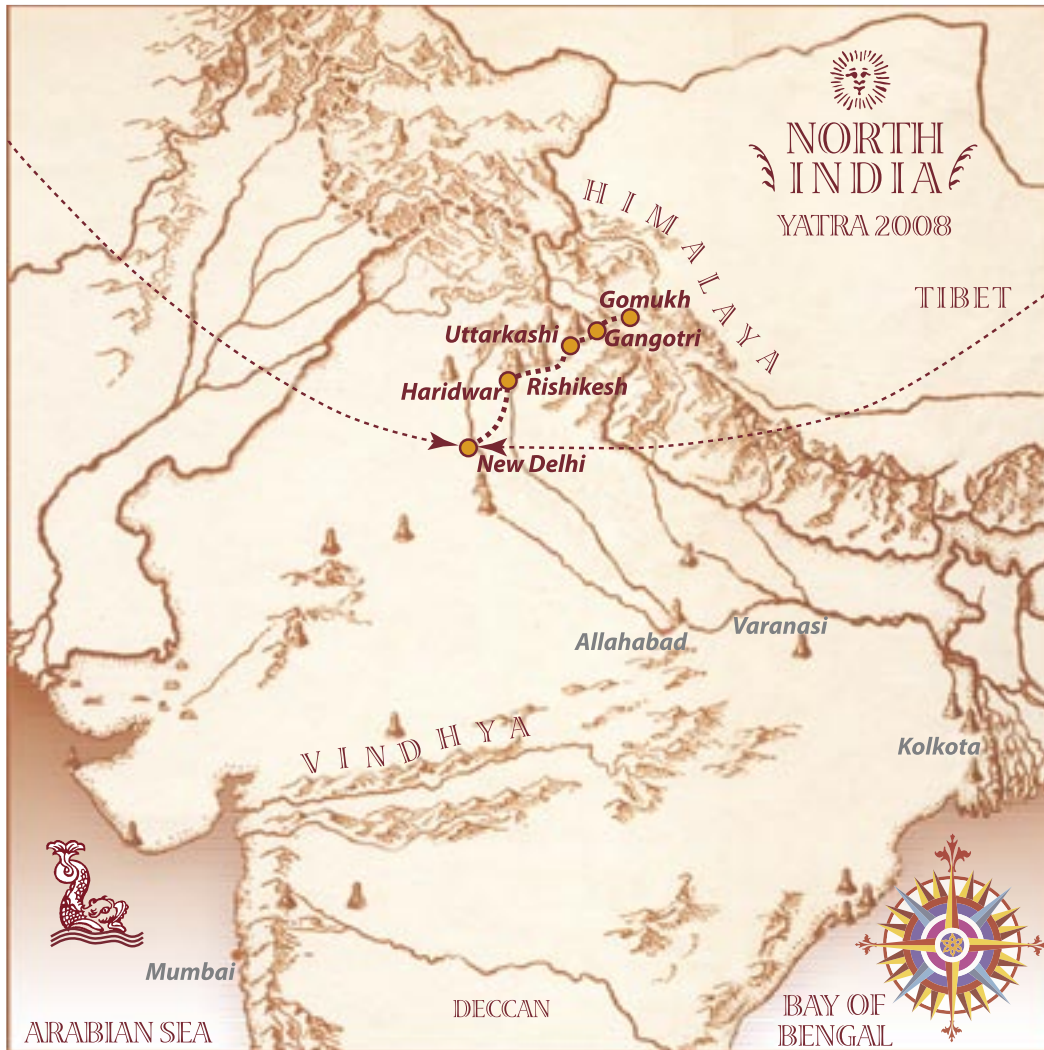
**GOVINDA KAI & MAE YOSHIKAWA ASHTANGA YOGA**

NORTH INDIA YATRA ॐ APRIL 27 - MAY 12, 2008 ॐ NEW DELHI ॐ HARIDWAR ॐ RISHIKESH

SATSANG & KIRTAN ॐ CULTURAL PROGRAMS ॐ YOGA & MEDITATION ॐ HIKE & CAMP



FOR MILLENIA, PEOPLE HAVE UNDERTAKEN YATRAS, JOURNEYS TO PLACES OF PROFOUND SACRED ENERGY FOR WORSHIP, MEDITATION, PURIFICATION AND DARSHAN—SEEING THE DIVINE. JOIN NAMARUPA FOR A 16-DAY IMMERSION IN THIS ANCIENT UNDERTAKING, VISITING HOLY PLACES OF NORTH INDIA. PRACTICE YOGA AND MEDITATION ON THE BANKS OF THE GANGA. ॐ WWW.NAMARUPA.ORG OR E-MAIL: INFO@NAMARUPA.



**Sunday April 27: New Delhi**

Arrive in New Delhi no later than April 27 early morning (26 night). Check into hotel to rest. Group will meet and discuss the yatra. We'll visit Hanuman Mandir to pray for succesful yatra. Time for sightseeing in Delhi and purchasing Indian-style clothing.

**Monday April 28: Haridwar**

Morning self-practice. Shatabdi Express AC train New Delhi to Haridwar. Check into hotel on Ganga. Evening Ganga arati.

**Tuesday April 29: Haridwar**

Early morning Ashtanga Yoga. Tuesday is Goddess (Shakti) day so we will go for darshan at Mansa Devi and Chandi Devi Temples. Evening meditation at Ananda Mayi Ma Samadhi shrine in Kankhal.

**Wednesday April 30: Haridwar to Rishikesh to Uttarkashi**

Early morning Ashtanga Yoga. AC Bus to Rishikesh. Visit Sivananda Ashram to pray at Swami Sivananda's Samadhi. Proceed to Uttarkashi and check into small hotel outside of town.

**Thursday May 1 to Tuesday May 6: Uttarkashi**

Daily program: Early morning Ashtanga Yoga, Ganga bath, meditation, talks and discussions with local Swamis, visits to temples and shrines, hikes in the mountains, visits to small ashrams, evening Garwali cultural programs, chanting and arati.

**Wednesday May 7: Road to Gangotri**

Bus trip via Gangnani Hot Springs to take a hot bath and visit the shrine. In Gangotri we will stay in a small government guest house.

**Thursday May 8: Gangotri Ganga Mata Darshan**

Early morning Ashtanga Yoga. Meditation at the waterfalls. Opening day of Ganga Mata temple. On this day Ganga Mata is brought up from her winter residence to be installed for the pilgrimage season.

**Friday May 9: Gomukh**

Hike to Gomukh (18 kms), camp en route at Bhojbasa. The entire walk is along the roaring Bhagirathi (Ganga) high in the Himalayas. Proceed to Gomukh to take a holy dip in the freezing waters of Ganga where She emerges from the 'Cow's Mouth' glacier. Meditate and explore the region. Return to camp at Bhojbasa. Porters & ponies are available for this section.

**Saturday May 10: Return to Gangotri**

Leisurely hike back to Gangotri. Visit Ganga Mata Temple. Relax.

**Sunday May 11: Uttarkashi**

Early morning drive back to Uttarkashi. Relax and pack up. Farewell ceremony and traditional bandhara (feeding sadhus) in Uttarkashi.

**Monday May 12: Return to New Delhi**

Early morning Ashtanga Yoga. Road by AC Bus to Haridwar and evening AC train to New Delhi.\* Reach by 11 PM. 🏠

The cost covers all accommodations, yoga classes, vegetarian meals and land transport. Modest clothing should be worn throughout the yatra and for yoga classes. Evenings can be cool especially in the Gangotri region. Sleeping bags are required for camping. \*Participants must make their own arrangements for reservations in New Delhi on May 12 night. These will not be arranged and are not included in the cost of the yatra.

**YATRA, TIRTHA & DARSHAN**

The ancient puranas of India are huge volumes containing stories of the makings of the universe as well as thrilling tales of innumerable gods and goddesses. The geography of the puranas coincides with that of the entire Indian sub-continent. Their stories are honored in many ways, not least of which is the recognition of place. Countless places mentioned in these ancient texts are fully alive today and are important places of yatra (pilgrimage). Within their sanctums worship is performed daily to the resident devatas in a tradition that reaches back many hundreds of years.

These places where the sacred stories happened are sometimes called tirthas. A tirtha is a place of crossing over and most literally refers to fords of rivers. It also refers to a spiritual crossing place, where the divine is more easily intuited, recognized or experienced.

**NAMARUPA GANGA YATRA**

The intention of the NAMARUPA GANGA YATRA is to go, as much as possible, as pilgrims to the sacred temples and to have darshan of the devatas. This will not be tourism. We will travel simply, lodge in comfortable Indian-style accommodations, eat vegetarian meals and dress and behave appropriately according to local custom.

We will have time for practices such as yoga asanas and meditation, as well as discussions and explanations regarding our experiences. Local Swamis will give discourses and chanting, and arrangements will also be made with priests for the performance of any rituals that we may wish to request.

At some places we will have ample time for the usual sightseeing, shopping and exploring that travelers enjoy. The pace will be relaxed, but this being India, one can expect the unexpected.

At the outset we will all meet in New Delhi and spend some time in preparation: purchasing the proper clothes for visiting temples and explaining various customs and the attitudes which will be helpful for a successful yatra. Traveling in India requires patience, flexibility and humor.

**YATRA LEADERS & ASHTANGA YOGA TEACHERS**

**Swami Janardananda** is our Himalayan Host. Swamiji lives in a small ashram, Vishnu-devananda Tapovanam, near to Uttarkashi where he studies and teaches. **Robert Moses**, co-publisher of NAMARUPA, is the Yatra guide, having led multiple yatras through North and South India. **Yoginder Rana**, a local Garhwali, will help arrange all accommodation, meals, travel and hiking.

**Yoshikawa Mae** (maemaemae.com) is the first Japanese-born woman to be authorized to teach the Ashtanga Yoga method as taught by Sri K. Pattabhi Jois. A celebrated model and author, Mae lives in Fukuoka and Mysore with her husband **Govinda Kai**, the only person in Japan to be fully certified to teach the Ashtanga Yoga method as taught by Sri. K. Pattabhi Jois. He has been teaching since 1996 and travels extensively sharing his passion for the traditional practice of yoga.

**Included in the Land Cost of \$1800\*.**

The complete yatra will last 16 days with the first and last day being for arrival and departure. We want to keep your expenses reasonable but your stay comfortable. Lodging will be Indian-style, quite sufficient but not luxurious. Meals will be North Indian vegetarian, nutritious but hot and spicy. Attempts can be made to have less spicy fare. Travel will be in AC train and comfortable vehicles.

\*The final actual cost may vary slightly as we are still finalizing some of the details, but we will let you know well in advance if this does change. We will be limiting the group to 15 yatris (not including guides).

**Not included in the Land Cost.**

International air-fare to and from India (contact us for a recommended travel agent if required), visa costs, airport taxes, tips and temple offerings (some additional collections may be made to engage priests or guides), as well as all personal requirements during the yatra, are not included in the cost.

**Visas** Visas are required for US citizens traveling to India. Citizens of other countries should check if they require visas. Any Indian embassy or Consul will furnish the applications and instructions and they are available online.

**Immunizations** No immunizations are required but several are recommended by the Atlanta Center for Disease Control.

**IMPORTANT REQUIREMENTS**

**Indian Culture** honors traditional and conservative values and we will be part of this tradition. At the outset yatris can purchase inexpensive and comfortable Indian-style clothing especially for temple visits. We also request that very modest clothing is worn during yoga practice. Days will be quite hot but nights can be cool. Bring yoga mats as well.

**Hiking and Camping** We will be supplying tents for camping. Bring a good lightweight sleeping bag, hiking boots, rain gear, water bottle and any other needs. Porters and ponies are available for the hike to Gomukh. Please bring medical needs and sun protection if you require them.

**NAMARUPA, Categories of Indian Thought.**

Another very important aspect of this yatra will be to gather audio-visual and literary material that may appear in future issues of Namarupa.

**Reservations.**

To secure a place on **Ganga Yatra** we will require a non-refundable deposit of \$108 per person by December 1, 2007. Full payment will be due by January 15, 2008. Once you have made a reservation we will assist you with further information regarding international travel agents, visas, immunizations, suggestions for on-going travel should you stay for a longer period, personal clothing and other travel requirements. Please fill in this form (or use the online form at www.namarupa.org) and send it to us with your deposit.

**Refunds.** Full refund, except deposit, will be made by February 1st, 2008. A fifty-percent refund, except deposit, will be made up to March 15, 2008. No refunds thereafter. Since the cost is based on group participation, no refunds can be made for any features not taken. If cancellation occurs while the yatra is in progress there will be no refund for any unused portion.

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State or Province \_\_\_\_\_

Zip or Postal Code \_\_\_\_\_

Country \_\_\_\_\_

E-mail \_\_\_\_\_

Telephone \_\_\_\_\_

Best time to call \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

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I have travelled to India before \_\_\_\_\_

If so, when and where? \_\_\_\_\_

Previous experience with Indian philosophy. \_\_\_\_\_

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**PAYMENT:** Please make checks payable to NAMARUPA YATRA

Deposit: \_\_\_\_\_

Balance: \_\_\_\_\_

**Total payment:** \_\_\_\_\_