

JOIN FRIENDS OF NAMARUPA ON A GREAT PILGRIMAGE TO HOLY PLACES OF INDIA
DAILY YOGA ~ PRACTICE & PHILOSOPHY



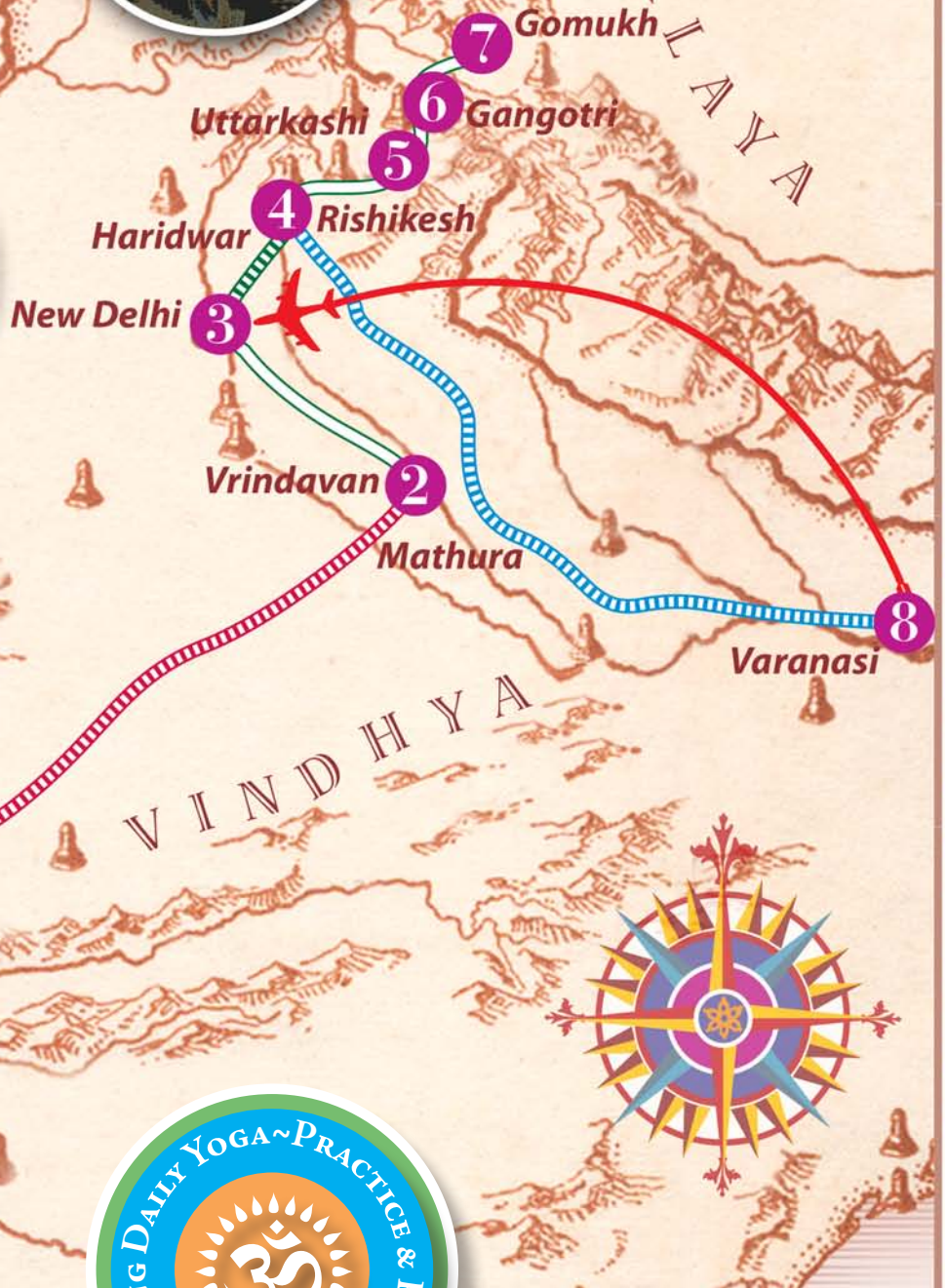
NAMARUPA MAHA YATRA

August 22 - September 13 '09



Mumbai • Mathura • Vrindavan • Haridwar • Rishikesh
Uttarkashi • Gangotri • Gomukh • Varanasi • New Delhi

NORTH INDIA



ARABIAN SEA

BAY OF BENGAL



PLAN A: COMPLETE NAMARUPA MAHA YATRA, AUGUST 22 - SEPTEMBER 13, 23 DAYS, US \$3000

PLAN B: VRINDAVAN-GOMUKH-VARANASI, AUGUST 26 - SEPTEMBER 13, 19 DAYS, US \$2600

PLAN C: NEW DELHI-GOMUKH, AUGUST 28 - SEPTEMBER 9, 13 DAYS, US \$1650

AUGUST

PLAN A ARRIVE IN MUMBAI ¹

- 22 Saturday Mumbai **1**
Arrival and check into lodgings. Rest.
- 23 Sunday Ganesh Utsav (festival) begins. Visit Siddhi Vanayaka Temple, Mahalakshmi Temple & Sri Sri Radha Gopinath Temple.
- 24 Monday Purchase Indian style clothes. Visit bazaar.
- 25 Tuesday Mumbai sight seeing.
Board the August Kranthi Radjani train from Mumbai to Mathura.

PLAN B ARRIVE IN NEW DELHI ²

- 26 Wednesday Vrindavan **2**
Reach Mathura and travel by bus to Vrindavan. Check into lodging.
- 27 Thursday Radhastami at Vrindavan. Radharani is the 'Queen of Vrindavan' and this is Her day.

PLAN C ARRIVE IN NEW DELHI ³

- 28 Friday New Delhi **3**
Travel from Vrindavan to New Delhi by bus.
Board the afternoon Jan Shatabdhi Express to Haridwar and check into lodgings.
- 29 Saturday Haridwar **4**
Visit Mansi Devi and Chandi Devi Temples.
Bargain in the bustling bazaar. Attend Ganga Arati at Hari Ki Puri.
- 30 Sunday Rishikesh
Travel by bus from Haridwar to Rishikesh.
Meditate at the Samadhi Shrine of H.H. Sri Swami Sivananda.
Continue journey by bus to Uttarkashi at 2600 metres. Lodging alongside the Ganga River.
- 31 Monday Uttarkashi **5**
Three days of Satsang (spiritual company) with Swamis, yoga, meditation on the banks of the Ganga River, ancient temples and ashrams, chanting, homa and philosophical talks.

SEPTEMBER

- 1 Tuesday Uttarkashi
- 2 Wednesday Uttarkashi **6**
- 3 Thursday Jeep from Uttarkashi via the hot springs at Gangnani to lodgings at Gangotri at 3000 metres.
Visit Ganga Devi Temple and attend evening Ganga Arati.
- 4 Friday Gomukh Hike **7**
Hike 10 Km from Gangotri to Chirbasa along the Ganga river valley. Camp at Chirbasa.
- 5 Saturday Hike 8 Km from Chirbasa to Gomukh at 4200 metres.
Take an icy bath where Mata Ganga flows from the glacier. Collect Ganga water for Varanasi.
Hike back to the camp at Chirbasa to rest and relax.
- 6 Sunday Hike from Chirbasa back to Gangotri. Worship at Ganga Mata temple.
- 7 Monday Travel by jeep from Gangotri via the hot springs at Gangnani to lodgings at Uttarkashi.
- 8 Tuesday Uttarkashi
H.H. Sri Swami Sivananda Birthday Celebrations

9 Wednesday Travel by bus from Uttarkashi to Haridwar.
PLAN A & B Board the Varanasi Express train overnight to Varanasi.

PLAN C Board the Shatabdhi Express to New Delhi arriving at 11:45 PM. ⁴

- 10 Thursday Varanasi **8**
Reach Varanasi by evening, check into lodgings and go for Ganga Arati.
- 11 Friday Boat trip down the Ganga, viewing the bathing ghats, temples and cremation ghats.
- 12 Saturday Temples of Varanasi, the ancient, sacred city of India. Offer Ganga water to Lord Siva.
- 13 Sunday **FAREWELL** Homa and feast. Flight to New Delhi in time for nighttime flights home. ⁵



¹ Arrive in Mumbai anytime on Saturday August 22. ² Arrive in New Delhi on the morning of Wednesday August 26. ³ Arrive in New Delhi on the morning of Friday August 28.

⁴ Plan to depart from New Delhi no earlier than the morning of Thursday September 10.

NOTE: You may need a hotel reservation for the night of September 9. We can reserve a room for you. You will be responsible for the payment.

⁵ Plan to depart from New Delhi no earlier than the night of Sunday September 13.

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 MAHA YATRA

The intention of the MAHA 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 ample time for daily practices such as yoga asanas and meditation, as well as discussions and explanations regarding our experiences. Local Swamijis will give discourses and chanting, and arrangements will also be made with priests regarding any rituals that we may wish to request.

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.

We will commence in Mumbai 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 GUIDES AND YOGA TEACHERS

Swami Janardanananda, our Himalayan host, lives in a small ashram in Uttarkashi where he studies and teaches. Radha-kunda das, our indispensable guide from Mumbai, arranges "everything." Robert Moses, co-publisher of NAMARUPA, is Yatra leader, having guided multiple yatras through North and South India. Talks will be given by Swamiji and Robert. We will have three yoga asana instructors. Robert & Meenakshi Moses, and Barry Silver of Ashtanga Yoyogi in Tokyo, Japan. Yoginder Rana, a local Garwhali and experienced Himalayan guide, will be leading us on the trek to Gomukh and back.

INCLUDED IN THE LAND COST

We want to keep your expenses reasonable and your stay comfortable. Lodging will be Indian-style, quite sufficient but not luxurious. Meals will be North Indian vegetarian, nutritious, moderately hot and spicy. Attempts will be made to have less spicy fare. Travel will be in AC train, comfortable buses and Jeeps.

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.

IMPORTANT REQUIREMENTS

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. No immunizations are required but several are recommended by the Atlanta Center for Disease Control. Please consult your own doctor about any health concerns.

INDIAN CULTURE

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. Bring yoga mats as well. Days will be quite hot but nights will be cool on the Gomukh trek.

HIKING & 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 are available by request for the hike to Gomukh. Please bring medicines 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 the MAHA YATRA we will require a non-refundable deposit of \$108 per person by April 15, 2009. Full payment will be due by June 15, 2009. 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/yatra/mahayatra09.php) and send it to us with your deposit.

Refunds. Full refund, except deposit, will be made by June 30, 2009. A fifty-percent refund, except deposit, will be made up to July 30, 2009. 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.

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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? _____

I have travelled to India before _____
If so, when and where? _____
Previous experience with Indian philosophy (none required) _____

PAYMENT: Check or Money Order payable to NAMARUPA EVENTS
To pay via PayPal please e-mail us: robert@namarupa.org

Check one please.
Plan A: 23 Days US \$3000 _____
Plan B: 19 Days US \$2600 _____
Plan C: 13 Days US \$1650 _____
Deposit only: US \$108 _____
Balance: _____
I have read and agree to the notes on this page:
Signature: _____
Date: _____