

# Himalayan Dhyan Yatra

September 2010

“These mountains are so alive with spiritual vibrations. Many known and unknown spiritual masters chose these mountains as their abode and have illuminated the place with their energies. Himalayas are certainly an uplifting experience for all spiritual seekers.”

- Sadhguru

**The Himalayas**, venerated as the abode of the Enlightened, have been a destination of great significance for spiritual seekers across the world. Many spiritual masters have illuminated these mountains with their energies. Sadhguru has always felt a deep affinity for these sacred mountains. As an endeavor to share this mystical connection, with the grace and guidance of Sadhguru, Isha Foundation organizes a Dhyan Yatra through the Himalayas every year.

Dhyan Yatra presents an excellent opportunity to soak in the sacred energies of these enchanting and majestic mountains. It comprises of two weeks of walks, treks and camping in some of the most idyllic and powerful places in the Garhwal region of Indian Himalayas.

Sathsangs take place as the trip unfolds with some of the earth's most incredible landscapes, snow clad mountains and green valleys serving as the backdrop. Powerful meditations and processes allow one to experience higher states of consciousness and feel 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.

**Himalayan Dhyan Yatra** will include visits to Hardwar, the gateway to the mystical Himalayas; the sacred sites of Gaumukh, the glacier origin of the river Ganga; Kedarnath, a site of immense importance for spiritual seekers where one of the twelve Jyotirlingas are located; Guptkashi, famous for the ancient Vishwanath Temple which is similar to the one in Varanasi, also known as Secret Kashi; Badrinath, a significant site for Vishnu devotees, also known for its natural hot springs and Rishikesh, virtually a town of saints and sages.

Upon arrival in Hardwar, participants are assigned to their buses and the journey to the mountains begins. The incredible vistas unfold as the buses traverse the narrow mountain roads, gushing streams, terraced farming and villages precariously perched along the steep mountainsides.

### **Date and Travel Information**

The following information applies to Indian nationals, residing permanently in India. People living abroad (including NRIs), please contact your country coordinator (for contact details, please visit our website [www.ishakailash.com/DY2010](http://www.ishakailash.com/DY2010)) or +91 94425 43331.

Dhyan Yatra is offered in two travel plans for the convenience of the participants. The yatra starts and ends at Delhi. Dates mentioned are from and to New Delhi. It does NOT INCLUDE travel days from your destination.

#### **Plan A: 27<sup>th</sup> September to 10<sup>th</sup> October 2010**

This plan includes boarding and lodging, travel arrangements for the yatra and other amenities like porters, horses, and Mineral water.

#### **Plan B: 30<sup>th</sup> September to 13<sup>th</sup> October 2010**

This plan includes boarding and lodging and travel arrangements for the yatra.

❖ *The participants from Plan A and Plan B will meet on 27<sup>th</sup> and 30<sup>th</sup> September respectively at New Delhi Railway Station (Ajmeri Gate Exit) at 10 am to commence the yatra.*

For those who wish, complementary Train travel (A/C train journey for Plan A and sleeper class train journey for Plan B) will be provided to and from New Delhi for any of the following destinations: Bangalore, Bhopal, Chennai, Hyderabad, Kolkata and Mumbai. Since train ticket reservation starts 90 days before the journey, interested participants are requested to register before **25<sup>th</sup> of June 2010** to ensure confirmed train ticket from your desired destination.

Travel Dates for Bangalore, Bhopal, Chennai, Hyderabad, Kolkata and Mumbai are:

❖ **Plan A:** 25<sup>th</sup> Sep to 12<sup>th</sup> Oct 2010

❖ **Plan B:** 28<sup>th</sup> Sep to 15<sup>th</sup> Oct 2010

## Program Prerequisite

Completion of at least one Isha Yoga program is a pre-requisite for participation in Dhyana Yatra. If you have not attended one yet, you can participate in an Isha Yoga Program at a center nearest to you before the journey. Visit our website [www.ishafoundation.org](http://www.ishafoundation.org) for Isha program details.

## Preparation

The journey involves climb between 12,000 to 13,000 feet, over distances of up to 14 kilometers at a stretch. Therefore the following is essential:

- ❖ Daily practice of Shakthi Chalana Kriya/Shambhavi Maha Mudra and Hata Yoga (if completed)
- ❖ Daily brisk walking or jogging for 5 kilometers.

*Horses are available for hire during the trek to Kedarnath and can serve as a welcome assistant either for carrying baggage or an extremely weary participant. However, the same may or may not be obtainable during the trek to Gaumukh due to the limited availability of horses in the region.*

## Medical Information

Physical and mental fitness are essential as at times difficulties may arise due to limited facilities and extreme weather conditions. The participants are required to undergo the following tests at a reputed laboratory along with any other investigations suggested by G.P. / Family Physician / Specialist.

1. TC, DC, ESR, Platelet count, RBC count, Hb%.,
2. Urine analysis,
3. Blood grouping and Rh typing and
4. Chest X-ray (*Only if recommended by G.P. / Family physician*)

*The Participants above 40 years of age also need to undergo the following tests:*

1. Blood sugar (Fasting, Post Prandial),
  2. S.Creatinine and
  3. ECG at all leads
- ❖ *Participants should consult their physician especially those being treated for diabetes, to determine if any change in medication is needed due to the altitude and trekking involved.*
  - ❖ *It is important to carry medicines for fever, common cold, headache, nausea, vomiting, diarrhea, indigestion, electrolyte packs, pain killers, muscle relaxant cream, band aids, knee-cap, Vaseline etc. and regular medication, if any.*
  - ❖ *Please note that this trek is not advised for those suffering from chronic problems, like epilepsy or blood pressure related conditions, cardiac ailments and physical disabilities.*

## Registration Requirements:

The following needs to be submitted along with the registration form:

- ❖ Medical Fitness Certificate from G.P. / Family Physician confirming your fitness to trek to Himalayas at an altitude of 13,000 ft
- ❖ Original copy of your medical reports
- ❖ Indemnity form duly signed

## Packing Suggestions

As much of the Yatra involves traveling by bus, it is advisable to pack as light as possible. A trekking bag is needed for the treks and also to carry the daily requirements and frequently used items inside the bus. 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:

- ❖ Six sets of clothing (Saris / Dhotis are not advisable)
- ❖ One warm sweater
- ❖ One warm overcoat / jacket
- ❖ Two pairs of woolen socks
- ❖ One pair of woolen gloves
- ❖ One pair of water-proof trekking shoes
- ❖ One Raincoat (also available in Himalayas for approximately Rs. 30)
- ❖ Two warm T-shirts and pants
- ❖ One warm shawl
- ❖ One woolen cap and muffler
- ❖ Two pairs of cotton socks
- ❖ Two pairs of thermal inner wear
- ❖ One wide-rim hat or an ordinary cap
- ❖ Camera (optional). Please note that video cameras are not permitted.

### Other essential items:

- ❖ Personal clothing
- ❖ Thin easy-to-dry towels
- ❖ Toiletries
- ❖ Toilet tissues
- ❖ Strong flashlight (with extra batteries)
- ❖ Sun glasses
- ❖ Sunscreen lotion
- ❖ General footwear
- ❖ Inflatable pillow
- ❖ Extra large plastic garbage bags to protect your clothes from moisture

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Registration closes on 15th August, 2010. Applications are processed on a first-come-first-served basis. Therefore, registration may close earlier if all places are filled.

**Isha Foundation maintains the right to  
accept or reject any application without explanation.**

**For registration and further information:**

**Contact 1:** +91 9488 111 333 (Tamil Nadu)

**Contact 2:** +91 9488 111 555 (Rest of India)

**Isha Sojourn - Himalayan Dhyan Yatra**

9/5, Ground Floor, B.R. Nagar, 1<sup>st</sup> Street, Kothari Layout  
Singanallur, Coimbatore – 641005

**Phone:** +91 9488 111 777, **Fax:** 0422 2580141

**Email:** [dhyanyatra@ishafoundation.org](mailto:dhyanyatra@ishafoundation.org), **Web:** [www.ishakailash.com/DY2010](http://www.ishakailash.com/DY2010)

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“Before you are too weak or too old, you must meet and merge with the beloved  
Himalayas”  
this is my wish and my blessing  
– Sadhguru