

Kailash Manasarovar Sojourn Information for Indian Nationals

This is a space of enormous Grace... enormous! If you feel the power of this place, if you allow yourself to feel the grace of this space, you having been born becomes worthwhile; that's how it is.

- Sadhguru

To see the grandeur of a mountain, one must keep one's distance; to understand its form, one must move around it; to experience its moods, one must see it at sunrise and at sunset. However, to truly know it, one must journey to the mountain with the Grace and Blessings of a Master, an Enlightened Being.

Mount Kailash, regarded as the spiritual center of the universe, is revered by Hindus, Buddhists, Jains and Bonpos alike. For Hindus, Lord Shiva resides on top of this wondrous peak in an eternal state of meditation, creating the sustaining force that holds the universe together. According to Tibetan tradition, whenever a certain number of realized beings gather in this location, Gautama Buddha physically manifests himself.

Twenty kilometers away from Kailash unfolds Manasarovar, the most beautiful and sacred lake in the world. Situated at a height of 15,015 ft, it is the highest source of fresh water in the world. This blue and emerald green lake has been attributed with healing properties. Moreover, ever since Sadhguru visited Kailash and Manasarovar, many of their mystical dimensions have been revealed.

Isha Foundation offers you the rare privilege of exploring the beauty and sacredness of Mt Kailash and Manasarovar. Guided and enveloped by intense meditation processes and satsangs, you can experience the explosive power of these sacred mountains and the saints who reside in them, thus unraveling the forces of life and our own ultimate potential.

Managed by our highly-trained and dedicated teachers, Isha Foundation takes utmost effort in making this unique sojourn a truly memorable experience for you by looking after every individual's need with genuine care.

Date and Travel Information

❖ The following information applies to Indian nationals permanently residing in India. Foreign nationals and Indian nationals living abroad, please contact your country coordinator (for contact details, please visit our website www.ishafoundation.org/ContactUs) or get in touch with the coordinator mentioned below.

As part of Isha's effort to make this opportunity available to everyone, the sojourn is offered as two different options.

Option A:

The dates mentioned are from and to New Delhi and include travel days from your chosen destination.

Group A1: 8 to 23 August

Group A2: 10 to 25 August

Each of the group will meet Sadhguru at Mount Kailash and Manasarovar

Applications are processed on a first-come-first-served basis. Please check the group availability with the registration coordinator before filling up the registration form.

- Travel details will be sent at a later date, once flight reservations are confirmed.
- Registration closes 15 April, 2010. However, if all places are occupied, registration may close earlier.

Package includes:

1. Air travel to Kathmandu from any of the following destinations: Bangalore, Chennai, Hyderabad, Mumbai, New Delhi, Kolkata, Pune and back
2. Five star hotel accommodation for four nights in Kathmandu on twin-sharing basis
3. Sightseeing tour in Kathmandu to Pashupatinath, Bhaktapur and Boudhnath
4. An Inner Engineering retreat in Kathmandu, Nepal
5. Visa and permit fee for Tibet/China
6. Airport taxes
7. All travel arrangements in Nepal and Tibet for the journey
8. Lodging at the best hotels/guest houses in Tibet
9. Wholesome vegetarian food
10. Mineral water for the entire journey

11. Transportation of luggage during Parikrama
12. Pony for the sick or elderly during the Parikrama
13. Medical insurance
14. First Aid (including emergency oxygen supply)
15. Complimentary sweatshirt and duffle bag
16. Down jacket and sleeping bag on returnable basis

Please note that the total cost does not include emergency evacuation, personal expenses or excess baggage fee at the airport.

Option B:

These dates are from and to New Delhi and DO NOT INCLUDE travel days from your destination.

- Group B1: 4 - 19 August
- Group B2: 12 - 27 August
- Group B3: 16 - 31 August
- Group B4: 21 August - 5 September
- Group B5: 23 August - 7 September

Each one of these groups will have a satsang with Sadhguru at some point during the journey

Applications are processed on a first-come-first-served basis. Please check the group availability with the registration coordinator before filling up the registration form.

- Travel details will be sent at a later date, once train/flight reservations are confirmed.
- Registration closes 15 May, 2010. However, if all places are filled, registration may close earlier.

Package includes

1. Air travel from New Delhi to Kathmandu and back
2. Star hotel accommodation for four nights in Kathmandu on twin-sharing basis
3. Sightseeing tour in Kathmandu to Pashupatinath temple, Dakshin kali and Boudhnath
4. An Inner Engineering retreat in Kathmandu, Nepal
5. Visa and permit fee for Tibet/China
6. Airport taxes
7. All travel arrangements in Nepal and Tibet for the journey

8. Lodging at the best hotels/guest houses in Tibet
9. Wholesome vegetarian food
10. Mineral water for the entire journey
11. Transportation of luggage during Parikrama
12. First Aid (including emergency oxygen supply)
13. Complimentary duffle bag
14. Down jacket and sleeping bag on returnable basis

For those who wish, complementary A/C Train travel will be provided to and from New Delhi from any of the following destinations: Bangalore, Chennai, Hyderabad, Mumbai, Kolkata and Pune

Please note that the total cost does not include emergency evacuation, personal porter or pony during the trek, medical insurance, personal expenses or excess baggage fee at the airport. (It is mandatory to get medical insurance for the trip, including emergency evacuation.)

Medical facilities:

A team of qualified and well-equipped doctors, especially trained to handle high-altitude sickness and other conditions that may arise, will accompany us throughout the journey.

Pre-requisite:

Completion of at least one Isha Yoga program is a pre-requisite for participation in the Kailash Manasarovar Sojourn. If you have not attended one yet, you can either participate in an Isha Yoga program at a center nearest to you before the journey, or make use of our exclusive Inner Engineering retreat offered at Kathmandu. The program includes an initiation into the *Shambhavi Maha Mudra Kriya* – a simple but powerful energy process for inner transformation which will greatly enhance the experience of the powerful places that you will be visiting.

Passport and Visa Requirements

A valid passport is needed with a minimum validity of 180 days from the last date of the sojourn. For all those who need to renew or apply for a new passport, please do so immediately under the TATKAAL scheme and send us a copy of your passport on or before May 15, 2010.

Visas for Tibet will be organized by Isha Foundation. For this, we require your original passports at New Delhi. The date and details will be sent on a later date. Indian nationals do not require a visa for Nepal.

- Please note that diplomatic passports are not allowed.

Registration Requirements:

Please send the following along with the registration form:

- 3 photocopies of your passport. Please send only the first page (with photo and passport validity details) and the last page (with your address). Ensure that the photocopy of your passport is clear, especially your photograph. Do not send copies of PIO/OCI or any other ID cards.
- 3 passport size photos.
- Medical fitness certificate confirming your fitness to trek to Kailash at an altitude of 19,000 feet. The form is attached.
- Indemnity form duly signed. The form is attached.

Currency

Indian currency is accepted in Nepal. Please bring **only one hundred rupee notes** as usage of five hundred and thousand rupee notes is illegal in Nepal.

The currency used in Tibet is Chinese Yuan. Indian Rupees or US Dollars can be converted to Chinese Yuan in Nepal. Assistance for conversion will be provided in Kathmandu. It is recommended to convert a minimum amount of Rs10,000 to Yuan for personal expenses.

Cancellation Policy

Due to the extensive organization involved with the program, a cancellation policy will be applicable to compensate for the costs incurred. Once payment is made, the following cancellation penalties will apply:

- a. 45 days before the start of the sojourn : 20% of the cost
- b. 30 to 45 days: 25% of the cost
- c. 7 to 30 days: 40% of the cost
- d. 7 days or less and cancellation without notice: 100% of the cost
- e. After arrival in Kathmandu: 100% of the cost

The effective date of notification regarding cancellation will begin when the notification is received at our premises in writing (letter, email or fax). Verbal cancellations will not be accepted.

Preparation

The journey entails a three-day trek around Mt. Kailash at a high altitude of approximately 19,000 ft. Therefore the following is essential:

❖ Daily practice of Shakthi Chalana Kriya/Shambhavi Maha Mudra (for Isha meditators) and Hata Yoga (if completed)

❖ Daily brisk walking or jogging for 5 km

Physical and mental fitness are essential as at times difficulties may arise due to limited facilities and extreme weather conditions. Please note that this trek is not advised for those suffering from chronic problems, like epilepsy or blood pressure related conditions, heart ailments, severe asthma and physical disabilities.

** Smoking or drinking alcoholic beverages is strictly prohibited for the entire duration of the sojourn*

Packing Suggestions

A complimentary duffle bag per person will be provided in Nepal. You will be required to repack all articles needed for travel to Tibet in that bag and leave the rest of your luggage behind at the hotel.

In addition, a backpack is required to carry daily essential items. It will be the only piece of luggage allowed in the car during the travel. Rest of the luggage will follow on a truck.

We recommend the following items:

- One rain-proof jacket with hood and pants
- One woolen high-neck sweater
- Two warm T-shirts/sweatshirts and pants
- Six sets of clothing (no saris/ dhotis please)
- Two pairs of thermal inner wear
- One wide rim hat
- One woolen cap and scarf
- One pair of water-proof trekking shoes (with spare laces)
- Two pairs of thick woolen gloves
- Three to four pairs of woolen socks
- Two pairs of cotton socks
- One light weight single bed sheet
- Camera (optional). *Please note that video cameras are not permitted.*
- One down jacket with hood
- One sleeping bag suitable for temperatures around 0° Celsius

If you do not have a down jacket with hood and a sleeping bag, they will be provided on a returnable basis in Kathmandu. Please note that in case of any loss or damage, you are required to reimburse the cost for the same.

It is important to carry medicines for fever, common cold, headache, nausea, vomiting, diarrhea and indigestion. In addition, bring some electrolyte packs, pain killers, muscle relaxant cream, band aids, a knee cap and your regular medication, if any.

Other essential items:

Personal clothing

Towels

Toiletries

Toilet tissues

Inflatable pillow

1.5 liter strong water bottle

Small flask (1/2 liter)

Sun glasses

Sunscreen lotion (50 SPF or more)

Castor oil (15 ml)

Hand sanitizer (e.g. Himalaya brand)

Healthy snacks

General footwear

Powerful flashlight (with extra batteries)

Extra large plastic garbage bags to protect your clothes from moisture.

Travel in Tibet:

Tibet, referred to as the highest region on earth, is also one of the least developed parts of the world. Being extremely remote and isolated, the facilities for pilgrims although being upgraded are still at a basic and limited scale. So, on entering Tibet, it might be necessary at times to share a room with a few others or participate in an outdoor toilet adventure, or go without a shower for a few days. In any case, we will always be there to support you and make the journey a pleasant one.

Isha is not a tour company, yet we offer this sojourn with the intention of providing you with the opportunity to experience these sacred places in their true depth and dimension. We have several years experience now in successfully taking people to these sacred places. Just last year, a record number of 500 participants successfully completed the sojourn.

About Sadhguru

A profound mystic and visionary humanitarian, Sadhguru is a spiritual Master with a difference. An arresting blend of profundity and pragmatism, his life and work serve as a reminder that inner sciences are not an esoteric discipline from an outdated past, but a contemporary science, vitally relevant to our times.

With speaking engagements that take him around the world, he is widely sought after by prestigious global forums such as the United Nations Millennium Peace Summit, the Australian Leadership Retreat and the World Economic Forum.

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

Registration Contact:

Kailash Manasarovar

Isha Sojourn

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