

Kailash Manasarovar Sojourn Information for Overseas Participants

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 Mount Kailash and Manasarovar. Guided and enveloped by intense meditation processes and sathsangs, 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.

Program Dates:

❖ The following information applies to all foreign nationals and Indian nationals living abroad. As part of Isha's efforts to make this available to everyone, the sojourn is offered in two groups. The dates mentioned are from and to Kathmandu, Nepal.

Group A: 6 - 21 August

Group A1: 8 to 23 August (Open to public also)

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.
- Registration closes 15 April, 2010. However, if all places are occupied, registration may close earlier.

Travel Information:

- ❖ Participants are required to fly directly to Kathmandu.
- ❖ Participants arriving before the scheduled date need to make their own stay arrangements. We can suggest accommodation options on request, and inform you of the meeting place with the rest of the group at a later date.
- ❖ Please send your travel information to your local coordinator at least two months prior to the sojourn.

Cost Cover

1. Five star hotel accommodation for four nights in Kathmandu on twin- sharing basis
2. Sightseeing tour in Kathmandu to Bhaktapur and Boudhnath
3. Visa fee for Nepal
4. All travel arrangements in Nepal and Tibet for the journey
5. Visa and permit fee for Tibet/China
6. Lodging at the best hotels/guest houses in Tibet
7. Wholesome vegetarian food
8. Mineral water for the entire journey
9. Transportation of luggage during Parikrama
10. Pony for the sick or elderly during the Parikrama
11. First Aid (including emergency oxygen supply)
12. Complimentary sweatshirt and duffle bag
13. Down jacket and sleeping bag on returnable basis

Please note that the total cost does not include emergency evacuation, personal expenses and additional medical expenses, if any.

Insurance

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, 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 Inner Engineering 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 end date of the sojourn.

- ❖ On arrival at Kathmandu airport, you will need to get a 30-day multiple entry visa for Nepal. This entails a visa fee of USD 40 and two passport size photos. Participants are requested to pay the fee at the airport and collect the same from the Kailash coordinator later.
- ❖ Non-Indian nationals planning to come to India after the sojourn will need to apply for an Indian visa in their home country.
- ❖ Please note that diplomatic passports are not allowed.

For obtaining visa to Kailash, we require the original passports of all Indian nationals at New Delhi by 2nd August as Chinese embassy requires 5 working days to process the visa. Non-Indian nationals will be provided Kailash visa at Kathmandu.

Registration Requirements:

After submitting the registration form, please send the following immediately:

- 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.
 - Kailash waiver and release form duly signed.

Currency

Most major currencies can be converted to Nepalese rupees at the hotel. Indian currency is also 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. US Dollars or Indian Rupees 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 USD 250 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

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 and Hata Yoga (if completed)
- ❖ Daily brisk walking or jogging for three miles

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 sojourn. The rest of the luggage will follow on a truck.

We recommend the following items:

- One rain-proof jacket with hood and pants
- One woolen turtle neck sweater
- Two sweatshirts and pants
- Six sets of comfortable clothing (e.g. tracks and T-shirts)
- 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 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, it 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 rehydrating salts, 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)

Hand sanitizer

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

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