

# HIMALAYAN RETREAT

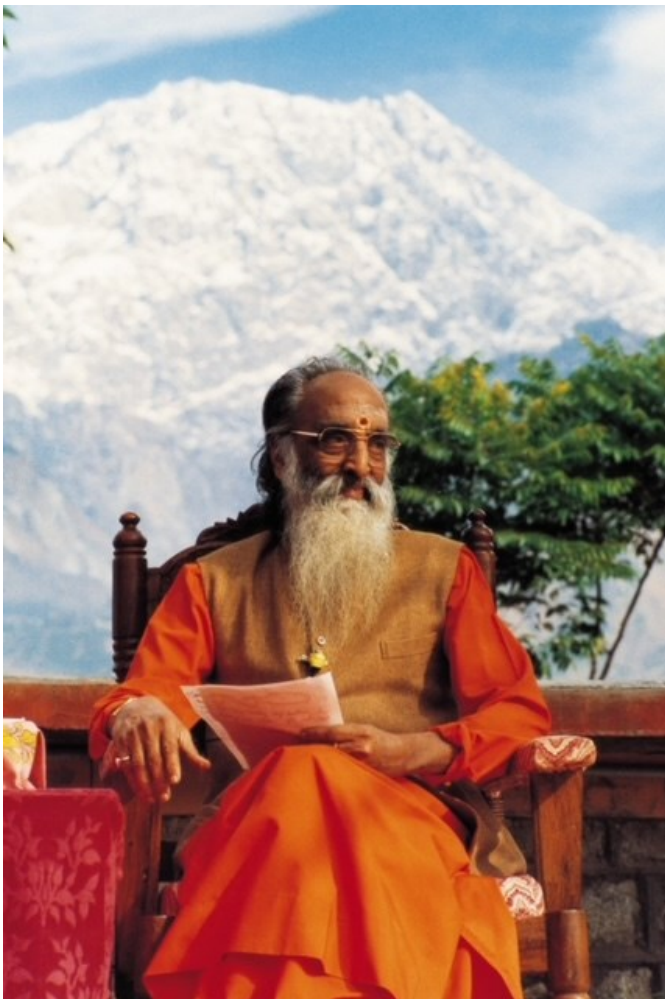
with Swamini Amritananda

Discover the spiritual richness and breathtaking beauty of India's Himalayan regions on **Himalayan Retreat with Swamini Amritananda** in September 2024. You are invited to take a rare and precious opportunity to explore sacred India in the company of Swaminiji - a much-loved yogi and nature lover, who has frequented these regions on and off for the past 40 years.

On this wonder-filled 19-day combined pilgrimage and retreat, we stay at Chinmaya Mission's mountain ashrams in Uttarkashi and Sidhbari, visiting some of the holiest sites in the region along the way. Our yatra includes a journey to Gangotri, one of India's main pilgrimage temples set in a stunning location in the Himalayas near the source of the sacred River Ganges as well as revered sites in Rishikesh, Haridwar, Uttarkashi and the Sidhbari region.

This unique spiritual pilgrimage commences from Delhi on 17<sup>th</sup> September 2024.

## Detailed Itinerary:



### Day 1 – 17<sup>th</sup> September : **Delhi**

Arrive in Delhi for the first day of our journey. We have a group meeting in the late afternoon, before proceeding to Chinmaya Centre for World Understanding to receive a blessing for our yatra.

### Day 2 – 18<sup>th</sup> September : **Delhi – Rishikesh**

After breakfast we have a short flight & drive to Rishikesh, where we have a guided walk along the Ganges followed by a wonderful Ganga aarti ceremony at sunset.

### Day 3 – 19<sup>th</sup> September : **Rishikesh – Uttarkashi**

Today we drive to the sacred town of Uttarkashi. Here we stay at Tapovan Kutli where we commence our retreat with Swaminiji, using the text - *Tapovan Shatakam*.

### Day 4 to 7 – 20<sup>th</sup> to 23<sup>rd</sup> September : **Uttarkashi**

We engage in a four-day retreat with Swaminiji as well as participating in ashram activities. While staying at this peaceful ashram overlooking the Bhagirathi River

(which becomes the Ganges), we will visit Anandamayi ashram and Kashi Vishwanath Temple. You can also take a dip in the holy river if you are game!

### **Day 8 – 24<sup>th</sup> September : Uttarkashi to Gangotri**

After breakfast, we proceed to Gangotri, enjoying the very picturesque Harsil valley, Bhagirathi River and magnificent Himalayan views as we drive along.

### **Day 9 & 10 – 25<sup>th</sup> and 26<sup>th</sup> September : Gangotri**



*Sunrise Prayers Gangotri*

At Gangotri we have Pooja and Darshan of Goddess Ganga. This Temple is one of the holiest places in India. Near the source of the Ganges (called Bhagirathi here) the shrine is dedicated to the origin of Hinduism's most sacred river.

Along the right bank of Bhagirathi stands the sanctum of Ganga Devi devoted to the Goddess. The Bhagirathi river merges with the Alakananda river to form the sacred river Ganges.

We also visit some other sacred sites & yogis, meditate on the banks of the river in the early morning and undertake a gentle trek on the path towards Gaumukh where we visit Lalitha Amma.

Leave in the afternoon and enjoy the stunning views as we drive back to Uttarkashi for overnight.

### **Day 11 – 27<sup>th</sup> September : Uttarkashi to Rishikesh**

After breakfast, view the fantastic scenery as we return to Rishikesh.

### **Day 12 – 28<sup>th</sup> September : Rishikesh**

Enjoy a free morning. After lunch, we visit Shivananda Ashram. We then drive to the sacred city of Haridwar for a visit to Anandamayi Ashram and an aarti ceremony on the Ganges.

### **Day 13 & 14 – 29<sup>th</sup> & 30<sup>th</sup> September: Rishikesh to Sidhbari**

After breakfast we enjoy a scenic drive to Chandigarh for overnight. The next morning, we continue to Chinmaya's



*Lalitha Amma with Swaminiji Gangotri 2018*



Ashram in Sidhbari, set in the lush Kangra valley at the foot of the Dhauladhar mountain range.

**Day 15 to 18 – 1<sup>st</sup> October to 4<sup>th</sup> October : Sidhbari**

Sidhbari is a spiritual haven where we bathe in the holy atmosphere of Swami Chinmayananda's samadhi shrine, take daily darshan of the giant Hanuman murti and enjoy aarti each evening in the beautiful Shri Ram temple. Here our retreat with Swaminiji immerses us in the beautiful text : *Guru Paduka Stotram*. Enjoy the beautiful scenery as well as visiting sacred sites surrounding the ashram.

**Day 19 – 5<sup>th</sup> October : Sidhbari to Delhi**

Today is the final day of our amazing journey with Swamini Amritanandaji. You can fly back to Delhi for your flight home or you can undertake an extension tour to McLeod Ganj and Amritsar before returning to Delhi.



*Gangotri scene*

**ADDITIONAL INFORMATION -**

The tour is organized by Mela Joy of Touch of Spirit Tours, Melbourne, Australia. Touch of Spirit Tours has been organizing and running tours in various parts of India since 2006. This will be the 6<sup>th</sup> yatra that Swaminiji and Mela have run together.

The yatra includes all accommodation, road transport, domestic flight, tours, local guides, many meals and Chinmaya Mission donations.

Price \$3790 per person twin share.  
Single supplement \$820

For more information or booking, email - [mela@touchofspirittours.com.au](mailto:mela@touchofspirittours.com.au)



Optional side trip –

3 days/nights Mcleod Ganj - This is a fabulous opportunity to experience the vibrant and friendly Tibetan Culture including the Dalai Lamas temple & outer kora path, the Tibetan Children’s Village, Norbulingka Institute and more.

2 nights Amritsar – Here we visit the Sikhs’ holiest shrine – the Golden Temple as well as the Temple kitchen where more than 10,000 people are fed every day no matter the culture or creed. Also visit Jallinwallah Bagh.

1 night Delhi with free time for shopping or sights.



*Tapovan Kuti 2018. Swaminiji with local sadhus in front of Swami Tapovanji’s kutir*



*Gurudev’s Mahasamadhi at Sidhbari*





*Swaminiji and Mela with some locals in Gangotri 2016*