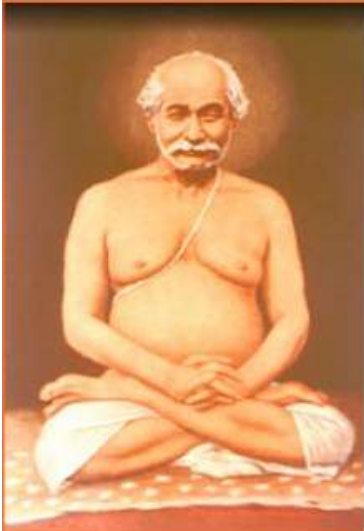


In the Footsteps of the Kriya Yoga Masters



**KRIYA YOGA 150TH ANNIVERSARY
PILGRIMAGE, 15 - 30 NOVEMBER 2011**

DAY BY DAY ITINERARY

DAY 1: 15 November 2011 - DELHI

- 12.00pm Hotel check-out (or 2pm depending on hotel)
Go to Ramakrishna Mission (RKM)
- 2:30 All to meet at RKM
- 3:00pm Mandatory Pilgrimage Orientation meeting at the RKM, Sarada Auditorium
- 4.00pm Group Meditation at Sarada Auditorium
- 5.30pm Dinner on the lawns of RKM



- 7.00pm Depart for Old Delhi Railway Station
- 10.40pm Train Ranikhet Express departs for Kathgodam

DAY 2: 16 November 2011- ALMORA

5.30am	Train arrives at Kathgodam Board waiting buses, travel to Kalyanika Ashram, near Almora
10.00am	Arrive and rest
12.00pm	Lunch
1.00pm	Free time or local sightseeing (optional)
4.00pm	Orientation Meeting
5.00pm	Spiritual Discourse
6.00pm	Meditation
8.00pm	Dinner
9.00pm	Retire



DAY 3: 17 November 2011 - ALMORA

- 4.00am Rise and meditation
5.00am Depart for Kukuchina and Babaji's cave. Breakfast on buses.
11.00am Arrival and hike up the hillside
Meditate in Golden Palace Hall, which commemorates the place where Mahavatar Babaji materialized the golden palace for Shri Lahiri Mahasaya.
Visit Babaji's cave
Lunch



- 6.00pm Dinner at ashram near the cave and then return to to Kalyanika Ashram
11.00pm Arrive ashram and retire

DAY 4: 18 November 2011

- 5.00am Rise
5.30am Meditation
7.30am Breakfast
9.00am Discourse
10.30am Meditation
12.00pm Lunch
Depart for Moradabad train station
Visit holy places on the way
Dinner
10.00pm Arrive Moradabad Railway Station



- 11.40pm Board the train to Allahabad

DAY 5: 19 November 2011 - ALLAHABAD

- Breakfast on the train
- 9.55am Train arrives in Allahabad. Take waiting buses to hotel or ashram to check-in.
- 12.00pm Lunch at Swami Narayan Ashram
- 1.00pm Trip to the Sangam; first visit Hanuman Temple.
Boat ride to confluence.
Return to the riverbank for a discourse and meditation under a tent/canopy.



- 7.00pm Return to Swami Narayan Ashram for dinner
After dinner go to respective hotels and ashrams
- 9.00pm Retire

DAY 6: 20 November 2011 - ALLAHABAD

- 5.00am Rise
5.30am Meditation at hotel or ashram
7.00am Breakfast at hotel or ashram
Checkout from hotel and load luggage on buses
8.00am Visit banyan tree where Shriyukteshwarji met Babaji.
Discourse and meditation
Visit Kriya Yoga Ashram



- 12.00pm Lunch at Swami Narayan Ashram
2.00pm Depart by bus to Varanasi
5.00pm Arrival at Varanasi: meditation and dinner at Gaudiya Ashram
7.30pm Depart to hotels and check-in
9.00pm Retire

DAY 7: 21 November 2011 - VARANASI

- 4.00am Rise
4.45am Buses depart from hotels to Gaudiya Ashram
5.30am Meditation
7.00am Breakfast
7.45am Walk to Dasashwamedh ghat and board the waiting boat to go to Shri Anandamoyee Ma's Ashram



- 8.30am Boat goes back to Dasashwamedh ghat
9.00am Disembark and walk in small groups through the narrow streets from Manikarnika ghat to Vishwanath Temple (one of the most important temples in the world. 1 of 12 joytirlingam is here).
11.00am Walk in small groups to Shri Lahiri Baba's house (if possible to go in or short silent meditation, otherwise, all will have the opportunity for a short prayer at the entrance door)



(day 7 continued on next page)

DAY 7 (continued): 21 November 2011 - VARANASI

- Walk to Shibindu Lahiri's Ashram: visit shrine with Shri Lahiri Baba's ashes and relics and meditate
- 1.00pm Walk to Gaudiya Ashram for lunch
2.00pm Free time or rest at ashram
4.30pm Walk to Dasashwamedh ghat
- 5.30pm Be seated for 6pm arati in which Paramahansa Prajnananandaji will be the guest of honor to initiate the start of the arati.
7.30pm Arati concludes. Walk back to Gaudiya Ashram for dinner.
8.00pm Dinner
9.00pm Take buses back to respective hotels and retire



DAY 8: 22 November 2011 – Sarnath

- 4.00am Rise
4.45am Buses depart from hotels to Dasashwamedh ghat
Board waiting boats to go to the main cremation ghat



Meditation on the boats
Proceed to Trailanga Swami Ashram and meditate there
Walk along the Ranmahal ghat where Shri Lahiri Baba walked and bathed every day.

- 7.30am Walk from ghat to Gaudiya Ashram
8.00am Breakfast at hotel or ashram. Check out of hotels.
10.00am Take buses to travel to Sarnath
Visit the temple and stupa dedicated to Lord Buddha and where he gave his first sermon after his enlightenment.
Picnic lunch at Deer Park
4:00pm Depart Sarnath for railway station in Varanasi
6.30pm Take overnight train to Kolkata



DAY 9: 23 November 2011 - KOLKATA

6.00am Arrive at Howrah Railway Station



Transfer to hotels and check-in, meditate, and rest

12.00pm

Lunch

3:00pm

Visit Yoganandaji's house, Tulsi Bose house, Master Mahasaya's home, the levitating saint, and more

7.30pm

Return to respective hotels for dinner

9.00pm

Retire

DAY 10: 24 November 2011 - Habibpur

- 4.00am Rise
- 4.30-6.30am Meditation at respective hotels
- 6.45am Breakfast
- 7.30am Depart for Habibpur
Visit Gurudev's birth place



Meditation

- En route visit Shri Lahiri Mahasaya's birth place enroute
- 12.30pm Lunch at ISKCON Temple at Mayapur



- 2.00pm Start return journey to Kolkata
- 7.00pm Arrive at Kolkata, meditation and dinner at respective hotels
- 9.00pm Retire

DAY 11: 25 November 2011 - SERAMPORE

- 4.00am Rise
4.30-6.30am Meditation at respective hotels
7.00am Breakfast
8.00am Travel by bus to Serampore
Visit Shriyukteshwarji's temple,
bathing ghat and banyan
tree on bank of Ganga where he
met Babaji Maharaj, ashram of
Motilal Thakur, relatives of
Yoganandaji
- Lunch
- 1.00pm Travel by bus to Belur Math
- 2.00pm Rest
4.00pm Tour of Belur Math and
meditation
6.00pm Arti at Belur Math
7.30pm Return to buses and go to
respective hotels for dinner
9.00pm Retire



DAY 12: 26 November 2011

- 4.00am Rise
- 4.30-6.30am Meditation at respective hotels
- 7.00am Breakfast at hotels
- 8.30am Check out of hotels
Travel to Dakineshwar and visit Dakineshwar Temple (Kali Temple,
Ramakrishna room, Saradi Devi shrine and temple)
YSS (Yoganandaji's meditation hall and library)
- 12.00pm Lunch
- 2.00pm Visit Shri Bijoy Krishna Ashram and other activities
- 8.30pm Depart to Howrah Railway Station
- 10.30pm Sri Jaganath Express departs for Puri

DAY 13: 27 November 2011 - PURI

- 7:30am Arrival in Puri
Transfer by buses to Hariharananda Gurukulam at Balighai
- 8:30am Check in, breakfast, rest or tour of ashram



- 11.00am Meditation
- 12.30pm Lunch
- 2.00pm Walk to seaside near ashram
- 5.00pm Discourse and Q&A
- 6.30pm Chanting and Meditation
- 8.00pm Dinner
- 9.30pm Retire



DAY 14: 28 November 2011

- 4.00am Rise
5.00am Meditation
7.30am Breakfast
8.30am Local sightseeing by bus
Visit: Karar Ashram, Shri Anandamoyee Ma's ashram, Shankaracharya Math, Gurudham, Totapuri Ashram, Jagannath Temple, Shri Chaitanya Mahaprabhu ashram



- 2:30pm Lunch at Hariharananda Gurukulam
5:00pm Discourse/Q&A
6.00pm Meditation
8.00pm Dinner
9.00pm Satsang/Retire

DAY 15: 29 November 2011

- 4.00am Rise
5.00am Board buses to travel to Balashram area, breakfast on the way
11.00am Arrival
Full day of special activities



- 7.00pm Dinner at Balashram and then board buses for Balighai

DAY 16: 30 November 2011

4.00am	Rise
5.00am	Meditation
7.30am	Breakfast
9.00am	Free time: at ashram or local sightseeing
11.00am	Meditation for those staying at ashram
12.30pm	Lunch for those staying at ashram
4.30pm	Discourse and Closing Ceremony
6.00pm	Meditation
8.00pm	Dinner
9.30pm	End of Pilgrimage

1 – 3rd December – Optional stay for Gurudev’s Mahasamadhi Program

