

# Himalayan Yatra

Sep 14 – 20 , 2019

*Valley of Flowers ~ Hemkund Sahib ~ Badrinath*



## Overview

The Anaadi Himalayan Yatra is a week long tour of some of the most scenic and sacred places in the Himalayas. The Himalayan Yatra would be an ideal get-away for those looking for a change from their routine, a stress free time-off and deeper experience in life. The Himalayan yatra is an opportunity to have explosive inner experiences in the gorgeous and serene setting of the Himalayas. Blended with yogic practices, engaging discussions and powerful meditation, the yatra will give an opportunity for participants to experience deeper states of consciousness in the lap of the enchanting Himalayas. This will be a chance to rejuvenate your mind, body and spirit. Participants will bring home clarity of thoughts, emotional pleasantness and physical vibrance from the yatra. Join us and experience your deeper self.

## Places of Visit (Uttarakhand)

**Rishikesh - Govind Ghat - trek to Ghangaria - trek to the Valley of Flowers - trek to Hemkund Sahib - travel to Badrinath**

**Rishikesh** is the gateway to the Himalayan ranges. **Govind Ghat** is located at the confluence of Alaknanda and Lakshman Ganga river, and is the starting point for the treks. **Ghangaria** is a pristine hamlet situated amidst the mountains close to the Valley of Flowers and Hemkund Sahib. The **Valley of Flowers National Park** is a UNESCO World Heritage site and one among the most breathtakingly beautiful ecosystems in the world sprawling with vast meadows of endemic alpine flowers. Located amidst snow capped mountains at an elevation of 4,600 mts above sea level, Hemkund Sahib is a

highly revered Sikh pilgrimage site. The word *Hemkund* means 'Lake of snow'. **Badrinath**, dedicated to Lord Vishnu is one among the four **Char Dham** pilgrimage sites of India.

## Components

- Trekking and camping
- Yogic practices and Meditation
- Visits to places of spiritual significance and scenic beauty
- Engaging Discussions

## Program Fee

Rs. **15,000** per person. International participants: **USD 250**

**Cost covers:** all local and planned travel starting from Delhi, all the way back to Delhi. Healthy, Satvik Meals on all days, Comfortable boarding and lodging through the course of the program, Cost of trekking and camping.

## Age

The program is open to individuals in the age band of 15 - 60. Individuals with conditions, heart problems, epilepsy and specific medical conditions may not be able to participate.

## Itinerary Brief

Departure: Delhi to Rishikesh - September 14th at 1 PM

Arrival : Delhi on September 21st at 7 AM

The detailed program itinerary will be shared after Registration.

## Registration

Fill the Registration form at [www.anaadi.org/vof](http://www.anaadi.org/vof) and make payment (payment details & deadline will be mentioned in our email)

## Contact

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