



# MEDITATION TRIP TO HIMALAYAS...

4th to 27th September 2009

## DAILY SCHEDULE

Sept. 4th	Boarding train from Cochin
5th	Boarding train from Chennai, Bangalore, Hyderabad, Mumbai
6th night	Arobindo Asram, Delhi
7th	Haridwar - Rishikesh
8th	Sayana Chatti
9th	Yamunotri (night - Uttarkashi)
10th	Gangotri
11th	Gomukh
12th	Uttarkashi (night)
13th	Gupth Kashi
14th	Gaurikund (night - Kedarnath)
15th	Kedarnath
16th	Gaurikund (night - Gupthkashi)
17th	Auli (night - Joshi Matt)
18th	Govindghat (night - Badarinath)
19th	Badarinath, Manavillage
20th	Karnaprayag (night - Kaldubhagat)
21st	Ranikhet (night - Baba's Asram)
22nd	Visit to Babaji's Cave
23rd	Nainital
24th night	Delhi
25th	Board train to Cochin, Chennai, Bangalore, Hyderabad, Mumbai

Total expenses per head - **Rs. 22,000/-**

For more details contact :

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 **Suryayog** foundation

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