



India Pilgrimage FAQs

Can I arrive early or stay longer?

Yes. Many participants plan to arrive early or stay after the retreat. You may stay in nearby hotels before or after the program or, if available, arrive at the ashram one day early for an additional \$125. Please notify the team well in advance so that local transportation can be arranged.

Where should I fly into?

You can fly into **Ahmedabad (AMD)** or **Vadodara/Baroda (BDQ)** in Gujarat, India. Ahmedabad is the larger airport and most group members will fly there.

Is there a group flight?

Yes. A group flight departs from **Orlando (MCO)** to **Ahmedabad (AMD)** on **Friday, January 30**, and returns on **Tuesday, February 10**. The flight details will be sent privately to registered participants.

How early should I arrive at the Orlando airport?

Plan to arrive **three to four hours** before the scheduled departure. Orlando International recommends a minimum of three hours.

Will transportation be provided from the airport to the ashram?

Yes. Transportation can be arranged **at cost** from either Ahmedabad or Baroda to the ashram in Malav. Notify the team **by January 1** (30 days before departure) with your arrival details so that drivers can be organized.

How long is the drive to the ashram?

From **Baroda**, the drive is about **45–60 minutes**, and from **Ahmedabad**, it takes around **2–2.5 hours** depending on traffic.

Can I book my own flight instead of the group flight?

Yes. You may arrive earlier or later and still have transportation arranged from Ahmedabad or Baroda to the ashram. You can also book a taxi at the airport upon arrival.

What is included in the retreat experience?

The program takes place at the **Kripalu Samadhi Mandir**, where Swami Kripalu's body is enshrined. The schedule includes morning arati, darshan, lectures with Kamini, yoga, Yoga Nidra, meditation, and kirtan led by local musicians. Sightseeing will include Gurudev's hometown, Kaival Rohan Temple, the Goshala where Babaji did sadhana, and nearby villages connected to the lineage. The registration includes housing, food, program tuition and the Sacred Lineage tour.

What is the weather like in February?

Temperatures are typically in the **60s (°F) at night and 80s during the day**, so dressing in layers is recommended.

What should I wear?

Modest clothing is best. Keep shoulders covered and avoid shorts or skirts above the knee. Light layers are ideal for varying temperatures.

What about rooming arrangements?

If you select a **double or triple**, a roommate will be assigned unless you specify someone you'd like to share with.

When is the registration deadline and payment due?

The final payment deadline is **December 1**.

How many people are attending?

Previous trips have hosted around **60 participants**, though this one may be closer to 35-40, creating a more intimate group.

How should I handle money exchange?

Bring between **\$300–\$500** in Indian rupees if possible. Exchange money in your hometown before departure or at the airport. You can also use credit cards and ATMs in India, though ATMs may occasionally be unreliable.

What about medications and travel restrictions?

Keep all essential medications in your **carry-on bag**, not in checked luggage. Check the latest travel regulations for **Dubai** (layover city) and **India** to ensure compliance with rules about medicines and restricted items.

Do I need vaccinations?

Consult your doctor or a travel clinic (such as CVS or Walgreens) and inform them you are traveling to Gujarat, India. They will recommend vaccinations based on current advisories.

Are there wild animals near the ashram?

You may see peacocks, birds, cows, or street dogs, but **not lions or tigers**. The area around the ashram is safe.

What if I have never been to India and feel nervous about travel?

You can travel with the **group flight**, which provides support and shared transport to the ashram. The group will stay together throughout the journey, making it easier and more comfortable.

What should I expect upon arrival?

The retreat officially begins **February 1 at 6 p.m.** with dinner and an orientation to help everyone settle in after travel. No major activities occur earlier that day to allow rest and acclimation.