

KEDARNATH

O C T O B E R 2 0 2 5

PILGRIM OF THE HEART



anam
cara



A seed was sown long before our souls recognised this deep call.
A call to serve the divine.

This journey towards Shiva began years ago with our frequent mountain retreats, leading us to Tiruvannamalai in 2024 . We sealed a wish within the wall of this temple and asked to be led to the MAHA KUMBH MELA 2025 .

We cannot put into words what unfolded for us at the Maha Kumbh, all we can say is we are forever changed and our call to serve the divine is now our life's deepest heart beat .

This heart beat has led us to the feet of KEDAR BABA The Mahadeva and his Shakti beckon us to the confluence of Ma Ganga, to climb to the abode of shiva ... to lose ourselves once again in divine love.

It is our greatest honour to lead the way forward, to guide you to the heart of Shiva.



PALKI UTSAV

At the Maha Kumbh we consecrated our very own Shiv ling. The Shiv ling was the heart of all our rituals and shala space. This Maha Shivratri we performed an elaborate ritual to honour and celebrate Shiva.

We have decided to take our Shiv Ling along with us to Kedarnath. We will take part in a Palki Utsav and perform various Sevas to Shiva along the way. With song, chanting and prayer we walk towards Kedar Baba.

Along the way you can also carry the Palki or just walk along Shiva, honouring your journey and intention to meet Kedar baba .

KEDARNATH YATRA

YOUR SPIRITUAL GUIDES



ANAHATA MEHER is a multifaceted spiritual healer who guides individuals on their journey toward inner peace, healing and self-discovery. Anahata offers transformative experiences through sessions & workshops that include the tanpura and ragas. She combines ancient wisdom with modern practices with singing circles and ancestral rituals.

KUNAL AMARISH is a Pranic healer and practices an almost-alternate astrology. One that is centred in dialogues to better understand the journey of the soul through ancient studies in birth and transit energies, karma, and planetary influences. His immersive Yagna experiences leave us spiritually awake and soaked in devotion.

NATASHA MAHINDRA, a certified Yoga therapist and founder of ANAM CARA YOGA RETREATS creates beautiful spaces and intimate gatherings blending Yoga, Ancient Practices, Chakra Healing, Vedic Wisdom, Fire Ceremonies, Sound Healing, Art Therapy , Ayurveda and Dance Therapy . Her retreats uniquely combine trekking, jungle safaris, and spiritual pilgrimages.

SACRED PILGRIMAGE

ITINERARY

DAY 1

SHIVPURI

We begin our pilgrimage at ATALI GANGA. We come together for Sunset & sit around the sacred YAGNA to initiate our journey.

DAY 2

SHIVPURI - DEVPRAYAG

We leave early morning for our VIBHUTI SNAN in DEVPRAYAG. On the way to SHERSI we visit Dhari Devi temple to ask for protection & guidance for our pilgrimage.

SHERSI

We arrive and have a restfull night before our climb the next day.

DAY 3

SHERSI - KEDARNATH

We wake up at Sunrise and perform a RITUAL to place the Shiv Ling into the PALKI. We start walking to KEDAR BABA. Along the way we let magic unfold, chanting the name of the one who has no name.

EVENING DARSHAN followed by a warm meal and night in a hotel. We take part in a special MIDNIGHT ARTI.



SACRED PILGRIMAGE

ITINERARY

DAY 4

KEDARNATH - RUDRAPRAYAG

SUNRISE DARSHAN followed by a MUKH UTKATH ARTI at the feet of Kedarnath. Visit BHAIKAV MANDIR at Kedar after morning darshan.

Breakfast and walk down to SHERSI with our PALKI. We arrive in SHERSI & take a car to RUDRAPRAYAG.

DAY 5

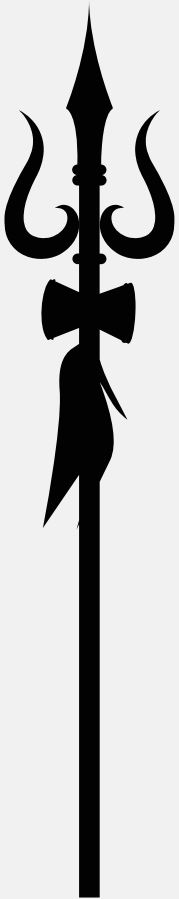
RUDRAPRAYAG - SHIVPURI

We wake up and discover the ancient town of RUDRAPRAYAG and experience a GANGA PURNA SADHANA & SNAN. After lunch we travel to SHIVPURI and arrive at ATALI GANGA for an evening of song & celebration.

DAY 6

SHIVPURI

A peaceful morning, followed by breakfast & departure from ATALI GANGA.



SPIRITUAL OFFERINGS

YOGA & DRUPAD

AWAKENING THE HEART OF BHAKTI

Morning meditations with Ragas.

We welcome the new day with prayer & Sadhana. Supported by the Tanpura and Morning Ragas.



YAGNA

HONOURING THE SACRED FIRE

An initiation with fire to begin our pilgrimage.

A ritual of cleansing and awakening the path of the sadhaka.



GANGA PURNA SADHANA & SNAN

HONOURING THE DEVI WITHIN

The holy Ganga starts her journey at Rudraprayag, where the Mandakini and Alaknanda merge. This special place is the womb of all 3 rivers, inviting us to enter our own womb of creation.





SHUDDHI SNAN

Sacred river snan & Vibhuti Purification ritual
DEVPRAYAG

We gather at DEVPRAYAG. In our Shuddhi Sadhana we intend to use the core qualities of the water element, namely cleansing, flowing, intuition and feeling, through the confluence of the holy rivers Alaknanda & Bhagirathi. We purify our souls, cleanse our physical vessel and clear our karmas, from this life and past lives.

We begin with a prayers and move in a procession towards the river to do our Vibhuti ritual, applying it all over the bodies and immersing into the river. Our ritual will close with a Ganga Arti

KEDARNATH

KEDARNATH BABA DARSHAN & ARTI

AT THE HEART OF SHIVA

A revered shrine in the Rudra Himalaya range of Uttarakhand. The temple is one of the 12 Jyotirlingas and a part of the Char Dham pilgrimage. The temple is believed to be over 1,200 years old, with a history connected to the Pandavas of the Mahabharata and the establishment by Adi Shankaracharya.



MIDNIGHT PUJA

SPECIAL SADHANA & RITUAL

At midnight we enter the inner sanctum of Kedar Baba and immerse in a magical puja that is intimate and deeply personal.



MUKH UTKATH ARTI

LINGAM DARSHAN

Shiva travels with us from the Mahakumbh to Kedarnath not only within us, but also in a consecrated Shivling. In transit, his face and form is covered - to be revealed with an aarti.

This ritual is extremely powerful that indicates transition, journey and arriving. It ties in the Shiva within and without.

ACCOMODATION

*SHIVPURI - DEVPRAYAG - SHERSI - KEDARNATH -
RUDRAPRAYAG - SHIVPURI*



SHIVPURI

ATALI GANGA

<https://ataliganga.com/>

SHERSI

SHERSI HIEGHTS

(Pls reach out for photos)

KEDARNATH

BHOLE SURPRISE

(Pls reach out for photos)

RUDRAPRAYAG

MONAL HOTEL

<https://monalresorts.com/>

TRANSPORTATION & TRAVEL



ARRIVAL DEHRADUN

We will organize a taxi to bring you to SHIVPURI

DEPARTURE SHIVPURI

We will organize a taxi to bring you to DEHRADUN.

From SHIVPURI we begin our journey by road to DEVPRAYAG and make our way to SHERSI for the night.

The next day we climb to KEDARNATH on foot. Mules and Pithu's are available for people who find it hard to walk.

The following day we climb down by foot from KEDARNATH. We reach Gaurikund and take a car to RUDRAPRAYAG for the night.

After spending the morning in RUDRAPRAYAG we take a car to our final destination SHIVPURI



It is an honour, duty and service to SHIVA to be able to take you on this pilgrimage. Our years of Sadhana anmd Bhakti brings us to this sacred priveledge to guide you on this journey. We are with you every step of the way, a spiritual family. Togther we walk towards the heart of SHIVA.

ॐ नमः शिवाय



Kunal, Natasha, Anahata



anam
cara