

Krishnamurti Retreat Centre JALNA

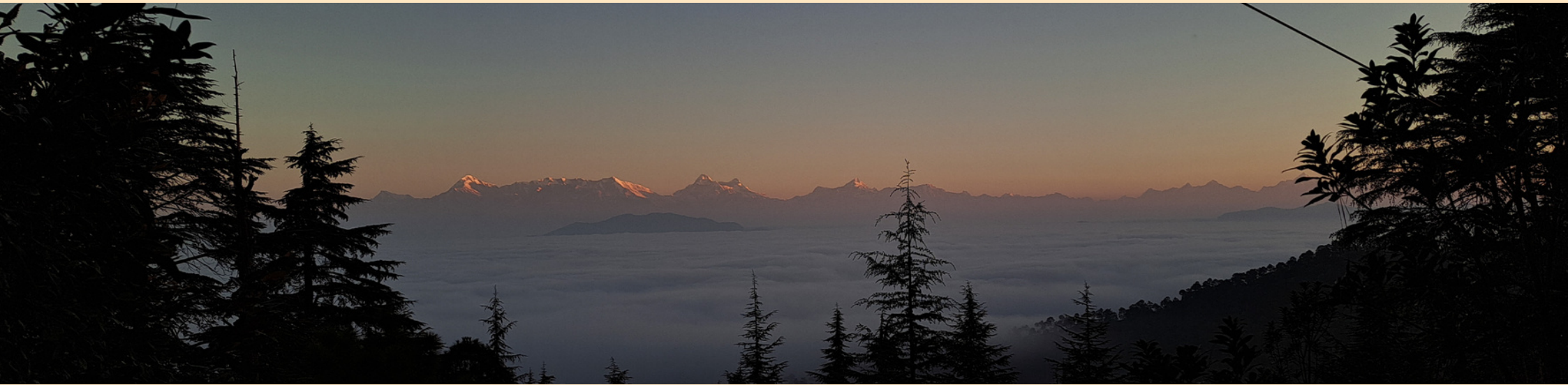
(Almora, Uttarakhand, India)

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A self-guided retreat for quiet reflection, in the spirit of J. Krishnamurti's teachings



Postal address:

Krishnamurti Retreat Centre JALNA

Krishnamurti Foundation India (KFI)

Village: Jalna

Post office: Lamgara

District: Almora (Uttarakhand)

Pincode: 263625

📍 Click [here](#) to navigate using google maps.

Donations:

As a friend of KFI retreat centres,
and one who values the existence of such places,
you may wish to contribute in different ways towards
the continued care and sustainability of the retreat.

UPI ID: 9868729609@upi

Krishnamurti Foundation India,
Himalaya Retreats Committee
State Bank of India (SBI)

Branch: SBI Lamgara

A/C Number: 38371403290

IFSC code: SBIN0005975





Krishnamurti Retreat Centre, Jalna, is a self-guided retreat space of the Krishnamurti Foundation India, situated on Burshan Hill in Jalna village (Lamgara Tehsil, Almora District), amidst the lush hills of the Kumaon Himalayas at an altitude of over 5,500 feet. Spread across approximately 1.2 acres, the campus overlooks forests, valleys, and surrounding mountain ranges.

The region has long been valued for its natural beauty and quiet surroundings. Here, one may spend time in relationship with nature, with oneself, and with the teachings of J. Krishnamurti, in an environment that invites observation, reflection, and silence. There are no regular guided or structured activities beyond the simple requirements of daily living.

Guests are free to discover their own rhythm in relationship with the place. One may walk the surrounding trails, read, reflect, sit quietly in one of the shaded sit-outs, watch the changing light across the mountains at sunrise or sunset, look across to the snow-clad Himalayas, observe birds and other wildlife, listen to the mountain winds moving through the trees, or simply remain with the silence. From the circular sit-out at the highest point of the retreat, there are panoramic views of the Himalayas on clear days. Deep at night, a large and dense assembly of stars against a clear sky can be vastly overwhelming.

“Don’t you also want to go away sometimes to be quiet and take stock of things and not merely become a repetitive machine, a talker, explainer and expounder? Don’t you want to do that some time, don’t you want to be quiet, don’t you want to know more of yourself? All the same, it is good to retreat to be quiet and to take stock of everything that you have done. And I think it is essential sometimes to go to retreat, to stop everything that you have been doing, to stop your beliefs and experiences completely, and look at them anew, not keep on repeating like machines whether you believe or do not believe. You would then let in fresh air into your minds. Wouldn’t you? If you can do so, you would be open to the mysteries of nature and to things that are whispering about us, which you would not otherwise reach; you would reach the God that is waiting to come, the truth that cannot be invited but comes itself. But we are not open to love and other processes that are taking place within us because we are all too enclosed by our own ambitions, by our own achievements, by our own desires. Surely it is good to retreat from all that, is it not? In a retreat, do not plunge into something else, do not take some book and be absorbed in new knowledge and new acquisition. Have a complete break with the past and see what happens. Sirs, do it, and you will see delight. You will see vast expanses of love, understanding, and freedom. When your heart is open, then reality can come. Then the whisperings of your own prejudices, your own noises, are not heard. That is why it is good to take a retreat, to go away and to stop the routine—not only the routine of outward existence, but the routine which the mind establishes for its own safety and convenience. Try it, sirs. Then perhaps you will know what is beyond recognition, what truth is which is not measured.”

J. Krishnamurti



The Spirit of the Retreat

The retreat is self-guided, with no organised programmes or guided activities. Apart from a few practical arrangements, such as meal timings, guests are free to spend their time as they wish. This freedom also carries with it a responsibility to help preserve the quiet and contemplative nature of the retreat.

Any conduct or behaviour that creates an atmosphere of casual tourism is incompatible with the purpose and spirit of the retreat.

The campus is maintained as a smoke-free, alcohol-free, and vegetarian environment. Guests are expected to respect and help preserve it.

The character of the retreat depends greatly on the seriousness, sensitivity, and self-responsibility of each guest. Those who wish to lend a hand are welcome to participate voluntarily in caring for the garden and the campus.

Your Stay

Accommodation:

To preserve the quiet and intimate nature of the retreat, accommodation is limited to a maximum of six guests at any given time. The retreat offers a shared main cottage, a circular cottage and mud huts. The shared main cottage accommodates up to four guests, with two single beds on the ground floor and an attic sleeping space for two. It also includes a shared kitchen, a study-cum-office, and two attached washrooms with both Indian and western toilet facilities. For guests who enjoy staying in traditional mud huts, two hermit huts and two yoga huts are available, with shared bathrooms located nearby. The campus is supported by a rainwater harvesting system with a storage capacity of 70,000 litres.

Meals:

Simple vegetarian breakfast, lunch, and dinner are served daily. Tea is served twice a day, before breakfast and in the late afternoon. On some occasions, meals may be self-catered, with assistance available on campus.

Guests are requested to inform the retreat in advance of any dietary restrictions or food allergies. While every effort is made to accommodate them, this may not always be possible. Those with specific dietary needs are welcome to bring their own food and prepare it in the shared kitchen of the main cottage.

Weather

The Himalayan weather can be unpredictable and may change rapidly. Jalna enjoys a pleasant climate for most of the year, with cool mornings and evenings even in summer, though daytime temperatures in June and July may occasionally reach 30–35°C. The retreat's shaded sit-outs, surrounding trees, and mud huts offer welcome respite during warmer afternoons. From December to February, nights can become quite cold, occasionally dropping to around –3°C, while bright sunshine usually keeps the daytime pleasant. The retreat is equipped to host guests comfortably in all seasons. Visitors are advised to bring appropriate personal clothing, including warm layers, comfortable walking shoes, and rain protection during the monsoon, along with an adequate supply of any personal medications they may require, as medicines may not be readily available nearby.

Access to the Retreat

The final approach to the retreat involves a walk of less than ten minutes from the nearest motorable road over moderately inclined terrain. Guests are encouraged to plan accordingly, travel with manageable luggage, and wear suitable walking footwear. Please note that porter assistance for carrying luggage may not be available.

How to Book

1. Email krc.himalay@gmail.com to enquire about the availability of your preferred dates. You may also briefly share your interest in and relationship with the teachings of J. Krishnamurti, and your intention in visiting the retreat.
2. If the dates are available, complete the retreat registration form available on the website. Or click [here](#).
3. Once the form has been submitted, please make the non-refundable booking contribution of ₹1,900 per person and email the payment receipt.
4. Receive your booking confirmation.
 - The suggested contribution is ₹1,500 per person per day, inclusive of accommodation and simple vegetarian meals.
 - The maximum duration of stay is seven nights.

How to Reach

By road:

A commonly used route from the *Haldwani–Bhimtal* side is *Haldwani → Bhimtal → Padampuri → Dhanachuli → Pahadpani → Lamgara → Jalna*

The retreat is located approximately 6 km from Tehsil *Lamgara*. (Exact navigation directions can be accessed via Google Maps or click [here](#).)

By rail:

The nearest railway station is *Kathgodam (KGM)*, about 90 km from *Jalna*.

By air:

The nearest airports are *Pantnagar Airport (PGH)* (122 km) and *Bareilly Airport (BEK)* (200 km).

- *Shared taxis are readily available from Kathgodam and Haldwani. If required, assistance in arranging a taxi can also be provided.*
- *Guests are advised to plan their journey so as to arrive during daylight hours.*

Frequently asked questions

Q1. Can I visit the retreat without staying overnight? Yes. Day visitors with a genuine interest in the teachings are welcome with prior intimation by email or phone. General visiting hours are 4:00 pm to 5:30 pm. With prior permission, visitors are also welcome to stay longer or share a simple meal at the retreat. If meals are taken, the suggested contribution is ₹500 per person. No contribution is suggested for visits that do not include meals.

Q2. How long can I stay? The maximum duration of stay as a rule is seven nights.

Q3. What should I do if I have special dietary needs? Guests with special dietary requirements are welcome to cook their own meals in the shared kitchen. Please bring any food items you may require.

Q4. I am unable to visit on the dates I had originally booked. Can my stay be transferred to another date? Subject to availability, the booking may be transferred to another set of dates within the same financial year.

Q5. Are children allowed? No. The retreat is intended for adults only.

Q6. Is parking available? Limited parking is available near the road. From there, the retreat is approximately a ten-minute walk.

Q7. Is mobile network available? Airtel generally provides good mobile connectivity on the campus. The availability of other networks may vary depending on location and weather.

Q8. Are donations to the Krishnamurti Foundation India eligible for tax exemption? Yes, under Section 80G of the Income Tax Act, 1961.

