



10 Day Intensive Vedanta Retreat *Swami Dayananda Ashram, Rishikesh, North India*

1-10 December 2018

Kena Upanishad & Bhagavad Gita, Chapter 6 (Meditation)

During this retreat in North India by the Ganges River, you will be given the unique opportunity to be exposed to the spiritual teaching of Vedanta. You will share this retreat with a small group of individuals from all over the world who like you are interested in learning more about oneself. The exposure to the vision of Vedanta in a natural environment and without any distractions can truly bring about a major shift in perspective and transform your entire life.

The program consists of study of the following texts:

Kena Upanishad starts with a direct and profound question: "Impelled by whom or in whose presence are we able to think, speak, breathe, see and hear?" The teacher answers this seemingly unanswerable question with amazing lucidity and makes his students see with clarity the nature of themselves. The teaching is both in a form of a dialogue and a compelling story of Lord Indra's search for the truth.

In the chapter 6 of Bhagavad Gita, Lord Krishna unfolds to Arjuna the importance of meditation in transforming our vision of life and recognizing our connection with the universe. The practice of meditation helps us to unleash our talents, skills and contribute to the well-being of ourselves and others; and in the process, free ourselves from our afflictions.

The teaching of these two texts will be reinforced with morning meditations, practice of meditative movements and dialogue sessions.

Retreat schedule

06:30 - 07:15 Guided meditation
07:30 - 08:00 Breakfast
08:15 - 09:30 Upanishad 1
10:00 - 11:00 Meditative Movements
11:30 - 12:45 Upanishad 2
13:00 - 13:30 Lunch
13:30 - 17:00 Free time
17:00 - 18:00 Bhagavad Gita
19:15 - 20:00 Diner
20:15 - 21:00 Dialogue session

Dates of arrival/departure

We suggest that the participants arrive Rishikesh by 30 November 2018. The classes begin on 01 December early morning and end on 10 December lunch time.

For those who wish to come earlier or prolong their stay, please write to us.

Location and accommodation

Rishikesh is located in North India, 220 km from Delhi and 20 km from Haridwar. It is a vibrant and ancient spiritual place on the banks of the sacred river Ganges at the foothills of Himalayas. Apartments are available within the traditional center of Vedanta and Sanskrit of Swami Dayananda. To know how you can reach Rishikesh by car, train or flight, go to

<http://www.dayananda.org/visit-ashram.html>

The Swami Dayananda Ashram is in a quiet enclave fifteen minutes walking distance from the market of Rishikesh. It is giving directly on the Ganges river, which makes it an ideal location to inquire and contemplate into realities of existence. For more details, you can visit the website of the Ashram at <http://www.dayananda.org>

Cost

The cost for this retreat consists of two elements

- (1) Donation to the Swami Dayananda Ashram (covering accommodation, three vegetarian meals per day for the entire retreat duration)
- (2) Donation to the teachers (covering all Vedanta sessions and course material)

DONATION	Indian Residents <i>(per person for entire retreat)</i>	Overseas Residents <i>(per person for entire retreat)</i>
To Ashram	Rs 12,000 (single occupancy)* Rs 10,000 (double occupancy)*	USD 300 (single occupancy)* USD 250 (double occupancy)*
To teachers	Rs. 10,000 - Rs 15,000 or above**	USD 250-350 or above**

* The payment of the donation to the Ashram will be organized by the teachers one day after your arrival. For Indian nationals, donation to Ashram is exempt from tax under section 80G.

**Any amount above the range, depending upon your financial means and choice, will help us in continuing to share this knowledge.

These two elements do not cover transportation to and out of Rishikesh. To organize your taxi transportation from Dehradun Airport or Haridwar train station to Rishikesh, please book directly your vehicle through the Ashram website at

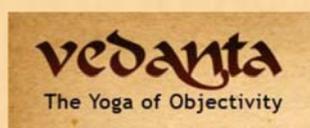
http://dayananda.org/course/add_vehicle_booking.php

Pre-Registration

Participants are advised to pre-register at www.discovervedanta.com/contact.htm, fill in all their details and mention the retreat name and dates in the comments field. Closing date for registration for this retreat is 10 November 2018.

Payment of deposit

For your pre-registration to be confirmed, we kindly request you to send us a payment of deposit Rs 5,000 for residents of India (to our bank account at Kotak Bank) or USD 100 for those living outside India (through Paypal). You can find all necessary information about payment (bank account details and Paypal link) at <http://discovervedanta.com/upcoming-events.htm>



Being alive to what is

<http://www.discovervedanta.com/>