



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

1-10 December 2017

Chandogya Upanishad

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 **selected verses from Chandogya Upanishad, Chapter 6**

Chandogya Upanishad has a prominent place in the tradition because of its brilliant and comprehensive unfoldment of the teaching. It is in a form of a dialogue between a son, Svetaketu and his father, Aruni. Aruni teaches his son about that one thing knowing which everything is as well known. He employs different methods to make Svetaketu discover the meaning of the equation 'Tat tvam asi, you are that'. To do so, the Upanishad inquires systematically into the nature of reality, the individual, the universe and its cause. It makes us understand with Svetaketu how we are that limitless we have always been seeking behind all our pursuits.

These two sessions 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 Upanishad 3
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 2017. 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 12,000 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

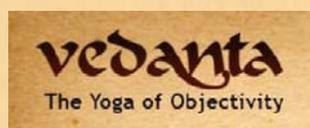
http://dayananda.org/course/add_vehicle_booking.php

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 2017.

Payment of deposit

For your pre-registration to be confirmed, we kindly request you to send us a payment of deposit Rs 4,000 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/>