



Daksinamurti Stotram

**The Teaching of Lord Shiva about
the reality of oneself
and the universe**

by Neema Majmudar and Surya Tahora

21-23 April 2017

*HILTON Shillim Estate Retreat and Spa
Village Shillim, near Lonavala*

One of the most fundamental questions of human beings across gender, nationality, and religion over generations is: what meaning can I give to my life and how do I understand the universe and my role in it? This series of verses provides profound answers to these questions in a succinct and yet powerful manner.

Special Features

The retreat includes the exposition of the text synchronized with guided meditations, dialogue sessions and meditative movements. The sessions are interactive, engaging participants in lively discussions and personal reflection.

To retain optimal interactivity and quality of exchanges, we suggest number of participants not to exceed 20 persons.

Profile of participants

Participation in this workshop is open to people of any cultural, religious or spiritual background that are interested in exploring realities and want to live with more authenticity, objectivity, enthusiasm, dynamism and compassion.

Workshop Timings

Friday, 21 April

12:00 mid-day: Arrival of participants and Lunch

16.00-16.45: Meditative Movements

17:00-18:30: Class 1

Saturday, 22 April

07:30-08:15: Meditation

08:30-09:30: Breakfast

09:45-11:00: Class 2

11:45-13:00: Class 3 followed by Lunch

16.00-16.45: Meditative Movements

17:00-18:15: Class 4

Sunday, 23 April

07:30-08:15: Meditation

08:30-09:30: Breakfast

09:45-11:00: Class 5

11:45-13:00: Class 6 followed by Lunch

Venue

The venue *Hilton Shillim Estate Retreat and Spa*, part of Healing Hotels of the World, is nestled amidst the breathtaking landscape of the Sahyadri mountain range in the Western Ghats. It is spread over 320 acres of pristine wilderness within the 3,500-acre private Shillim Estate and is a short 2h30-3h00 drive from Mumbai and 1h30 from Pune. The place offers a sanctuary for body, mind and spirit and hence is an ideal location for initiating transformation based on this profound teaching.



For more details, visit the

Hilton Shillim Estate Retreat and Spa website <http://www3.hilton.com/en/hotels/india/hilton-shillim-estate-retreat-and-spa-PNQSHHI/dining/index.html>

and their *photo Gallery* <http://www3.hilton.com/en/hotels/india/hilton-shillim-estate-retreat-and-spa-PNQSHHI/about/index.html>

Total Cost

(1) *Vedanta Teacher Fees*: Rs 5,000 per person (to be paid to teachers at the end of the retreat)

(2) *Hilton Shillim Village*: Single occupancy – Rs 27,000 INR +Taxes - Double occupancy –Rs 31,000 ++ (to be paid directly to Hilton at the time of reservation)

It includes:

- Accommodation for two nights for valley view villa
- Participation in Vedanta Classes, Tai Chi and meditation sessions
- Buffet breakfast, lunch & dinner at Terrazo restaurant
- Complimentary Herbal tea and healthy cookies during the retreat
- 20 % discount on Spa treatments
- Complimentary use of Steam, Sauna, Infrared Sauna Jacuzzi, Spa wellness pool
- Check-in on 21 April at 12:00 and checkout on 23 April at 14:00

Booking

For reservations, write to Salome.Chavan@Hilton.com with copy to discoveredvedanta@gmail.com

Closing date for registration for this retreat is 15 April 2017.

Links

Website: Discover Vedanta, Being alive to what is

<http://www.discoveredvedanta.com>

Facebook: Discover Vedanta Page

<http://www.facebook.com/pages/Discover-Vedanta-the-Yoga-of-Objectivity/111989173757>

YouTube: DiscoverVedanta1 Channel

<http://www.youtube.com/user/DiscoverVedanta1>

On line Store

Our new book 'Living the Vision of Oneness: Exploring realities & Growing as an individual'

<http://www.discoveredvedanta.com/book.htm>

VEDANTA, Being alive to what is

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