

Ten-day intensive

Vedanta Retreat

Rishikesh, North India
21-28 September, 2009

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 Mundaka Upanishad

Mundaka Upanishad is often quoted in the traditional commentaries because of its brilliant and comprehensive unfoldment of the teaching . It begins with a dialogue between a student, Saunaka and Angiras, a teacher, wherein Saunaka asks: 'Is there anything knowing which everything is as well known?' Teacher Angiras replies by saying yes there is one thing knowing which everything is as well known and that is the cause of this universe which includes me, and by knowing it, I can become free from every sense of limitation. The teaching of this Upanishad covers all important aspects of the teaching and helps us to understand that everything that is here is one, Brahman and I am that Brahman, the truth of everything.

Chapter XIII of the Bhagavad Gita

The chapter XIII is an essential and complete chapter of the Gita, unfolding the oneness between the individual and Isvara, the cause of the universe in a profound and beautiful manner. In replying to Arjuna's questions, Lord Krishna reveals us what is to be known in our life, the means to grow as a human being in order to be ready for this knowledge. In the process, it shows us how all that is here is Isvara and how we are never separate from Isvara in our existence, and then leads us to the discovery that our essential nature is identical with the essential nature of Isvara.

The teaching of these two texts will be reinforced with **dialogue sessions and guided meditations**.

✦ 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.

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 its website at <http://www.dayananda.org/>

✦ Dates

We suggest that the participants arrive in Rishikesh on September, 20th one day before the beginning of the intensive course. The classes start on September, 21st early morning and end on 28th after dinner. Date of departure should not be later than September, 29th.

Retreat schedule

06:30 – 07:00 Guided meditation
07:00 – 07:30 Breakfast
08:00 – 09:15 Mundaka Upanishad
09:30 – 10:30 Optional activity (Yoga classes)
10:30 – 11:00 Tea break
11:00 – 12:15 Mundaka Upanishad
12:30 – 13:00 Lunch
13:00 – 15:30 Free time
15:30 – 16:00 Tea break
16:00 – 17:15 Bhagavad Gita
19:00 – 20:00 Dinner
20:15 – 21:00 Discussion

✦ Cost

The cost of this retreat consists of two elements
1) **Donation to the Swami Dayananda Ashram** (covering accommodation and three vegetarian meals per day for the entire retreat) and
2) **Teacher fees** (covering all Vedanta classes, course material, and also accommodation and travel expenses of the teachers).

For Indian Residents:

Donation to Ashram per person:
Rs.4,000 for single occupancy*
Rs.3,000 for double occupancy*
Teacher fees per person:
Rs.3000 - Rs.6000***

For Overseas Residents:

Donation to Ashram per person:
USD 200 for single occupancy (Rs.8,800)**
USD 150 for double occupancy (Rs.6,600)**
Teacher fees per person:
USD 175 - USD 225 (Rs. 7,700 – Rs. 9,900)***

* For Indian Residents, donation to Ashram is exempt from tax under section 80G.

** The exchange rate used is Rs.44 for USD 1.

*** Through giving a range, we invite persons who are in a position to give more to kindly do so, in a spirit of sharing the costs of those who can not afford. This will enable all deserving students to take advantage of this life transforming teaching.

Travel expenses to and out of Rishikesh are not included. Delhi / Haridwar / Delhi transportation by train and Haridwar / Rishikesh / Haridwar by taxi have to be arranged by participants.

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For more details on how to reach Rishikesh, go to <http://www.dayananda.org/visit-ashram.html>

✦ Registration and payment

Participants are advised to register at the earliest at <http://www.discovervedanta.com/contact.htm>, fill in all their address details and mention the retreat name and dates, resident status Indian / Overseas, occupancy preferences in the comments field. **Closing date for registration is August 15th 2009 and number of seats is limited to 20.** Payment will take place on the first day during the orientation meeting.

✦ Cancellation

We take your registration as a **firm commitment**. However, if you are not able to attend the retreat, please send us your request for cancellation by email at info@discovervedanta.com imperatively before **August 15th 2009**. It will give a chance to another person to join this retreat.

vedanta
The Yoga of Objectivity

www.discovervedanta.com