This retreat in Germany at Westerwald Ashram surrounded by forest will give you the unique opportunity to be exposed to the 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 longer 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 two Vedanta texts:

**Taittiriya Upanishad - Selected verses (Ananda valli)**
This section (valli) begins with a famous sentence, ‘Brahmavid Apnoti Param’ which means ‘the knower of Brahman (the absolute reality) gains the highest’. The rest of the text unfolds that Brahman, which is limitless, is to be understood as true nature of oneself. It goes on to explain how the entire universe has come, is sustained and resolves in Brahman. Finally, the Upanishad shows that the fulfilment gained by the knower of Brahman as self is unparalleled to any other living being on earth and beyond. The teaching is based on commentaries of Adi Shankaracharya which is known for its brilliant analysis and clarity of thought.

**Bhagavad Gita Chapter 7, Well ascertained knowledge**
Through the teaching of Bhagavad Gita, Lord Krishna reveals to Arjuna and us the ultimate reality as well as the means to prepare oneself for the knowledge. While chapter 1 to 6 unfold the nature of the self, in chapter 7, the nature of the cause of the universe (Isvara) is discussed in length. The chapter reveals different ways to relate to Isvara and results derived thereof. Finally, it shows how this relationship can culminate into discovering our identity with Isvara.

These sessions will be complemented by guided meditations, Vedic chanting, Yoga and introductory Sanskrit.

**Venue & accommodation**
Westerwald is located 60 km from Bonn and 130 km from Frankfurt in the very quiet and idyllic Grenzbach valley in the middle of forest, water and meadows. Rooms (single, double, shared) are available within the Yoga Vidya Westerwald Ashram with shared bathrooms.

For those who prefer to stay outside, options are available in small hotels nearby the Ashram.
Yoga Vidya Westerwald, Germany   26 July - 23 August 2020

Address Haus Yoga Vidya Westerwald, Gut Hoffnungstal 57641 Oberlahr
For further information on accommodation you can call:
+49 - 26 85 / 8002 - 0 or email: westerwald@yoga-vidya.de
Find more details on the Ashram on the website in German:
www.westerwald.yoga-vidya.de and in English: www.yoga-vidya.org

Course schedule*

07:00-07:45 Meditation
08:00-09:30 Upanishad 1
10:00-10:45 Vedic Chanting
11:00 Lunch
13:00-14:00 Sanskrit
14:15-15:45 Yoga
16:00-17:30 Upanishad 2
18:00 Dinner
19:30-21:00 Bhagavad Gita

Cost per person - covering accommodation & food

<table>
<thead>
<tr>
<th>Cost per person for:</th>
<th>the full 4 weeks 26 Jul to 23 Aug</th>
<th>only first week 26 Jul to 2 Aug</th>
<th>only first 2 weeks 26 Jul to 9 Aug</th>
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</thead>
<tbody>
<tr>
<td>in your own Tent</td>
<td>1000 €</td>
<td>310 €</td>
<td>620 €</td>
</tr>
<tr>
<td>MZ (Multiple sharing, 4 persons per room)</td>
<td>1300 €</td>
<td>403 €</td>
<td>806 €</td>
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<tr>
<td>DZ (Double room, 2 persons per person)</td>
<td>1800 €</td>
<td>450 €</td>
<td>900 €</td>
</tr>
<tr>
<td>EZ (Single room, 1 person per room)</td>
<td>2500 €</td>
<td>641 €</td>
<td>1282 €</td>
</tr>
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</table>

Registration & payment
For registration, write to westerwald@yoga-vidya.de, with a copy of your email to discoveredvedanta@gmail.com and to Swami.Divyananda@westerwald.yoga-vidya.de

Upon registration, the Ashram will provide you details regarding deposit amount and mode of payment.

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