This week end retreat in Western 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 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 includes **Selected verses from Bhagavad Gita**

**Chapter 13**

that highlight the **Value of Values** for the spiritual seeker.

**Bhagavad Gita** highlights in the chapter 13 the qualities of the seeker. Replying to Arjuna’s question about what is jneyam (to be known) and Jnanam (means of knowing it), Lord Krishna reveals to Arjuna, very profound and intricate personal qualities that one has to acquire to become eligible for spiritual knowledge. Understanding and assimilating these qualities does not only help a spiritual seeker but anyone who wants to live ones life responsibly.

These sessions will be complemented by **guided meditations**, **Vedic chanting** and **Yoga or Tai-Chi**.

**Week-end schedule**
The classes begin on Friday 7 August at 16:30 and end on Sunday 9 August at 14:00.

**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) and tents 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.

**Address** is Haus Yoga Vidya Westerwald
Gut Hoffnungstal 57641 Oberlahr, GERMANY

For **further information** on accommodation you can call: +49 - 26 85 / 8002-0 or email: westerwald@yoga-vidya.de
To find more details on the Ashram, you can visit the website in German: www.westerwald.yoga-vidya.de
in English: www.yoga-vidya.org

**Cost per person - covering accommodation & food**

<table>
<thead>
<tr>
<th>Type</th>
<th>Cost per person for the week end</th>
</tr>
</thead>
<tbody>
<tr>
<td>in your own Tent</td>
<td>102 €</td>
</tr>
<tr>
<td>MZ (Multiple sharing, 4 persons per room)</td>
<td>128 €</td>
</tr>
<tr>
<td>DZ (Double room, 2 persons per person)</td>
<td>160 €</td>
</tr>
<tr>
<td>EZ (Single room, 1 person per room)</td>
<td>194 €</td>
</tr>
</tbody>
</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.