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 Meditation & Contemplation based on teaching of chapter 6 of Bhagavad Gita.

In the chapter 6 of Bhagavad Gita, Lord Krishna unfolds to Arjuna the importance of meditation in transforming our vision of life and recognizing our connection with the universe. The practice of meditation helps us to unleash our talents, skills and contribute to the well-being of ourselves and others; and in the process, free ourselves from our afflictions. This retreat would include several guided meditations on various themes.

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

Week-end schedule
The classes begin on Friday 21 August at 16:30 and end on Sunday 23 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.
Vedanta Week End Retreat 4  
Meditation & Contemplation  
based on chapter 6 of Bhagavad Gita

Yoga Vidya Westerwald, Germany  21-23 August 2020

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.

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

For further information on accommodation you can call: +49-2685/8002-0 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></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 discoveredanta@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.