During this retreat in Manjakkudi, South India at our Guru Pujya Swami Dayananda Saraswati’s birthplace, you would have a unique opportunity to immerse yourself in the traditional teaching of Vedanta. This retreat would be attended by a group of individuals from all over the world who are interested in learning more about the Self, the universe and its cause.

The program consists of study of the following texts:

**Brhadaranyaka Upanishad** contains a rich dialog between wife Maitreyi and husband Yajnavalkya. One day Yajnavalkya, decides to spend rest of his life in contemplation of realities and tells his wife that he will leave all his wealth between Maitreyi and Katyayani (his second wife). Maitreyi asks him if the wealth that he is leaving behind, will give her what he is going to get by contemplating on nature of Self (Atma)? Yajnavalkya replies “No chance. Knowing one’s true nature only makes one cross death and gain immortality.” Maitreyi retorts: “Sir, what is the use of all your wealth? Teach me the knowledge that leads me to immortality.”

Yajnavalkya then teaches Maitreyi knowledge of self and utilizes various imageries to lead Maitreyi to discovery of reality of I that takes her to immortality.

**The chapter 3 of Bhagavad Gita** begins with a brilliant question from Arjuna: If knowledge of true nature of self can give us freedom from sense of inadequacy what is the place of action? Why should a seeker of knowledge continue to act? Krishna replies to Arjuna on the importance of living an active life with the right understanding about the nature of action or karma, ways to manage our desires and respond to situations of life with dynamism, compassion and objectivity. Lord Krishna tells Arjuna that without these change in attitudes, understanding of essential realities cannot take place.

The teaching of these two texts will be accompanied with morning meditations, practice of meditative movements, vedic chanting and dialogue sessions.
Retreat schedule
07:00 - 07:45 Guided meditation
08:00 - 08:45 Breakfast
09:00 - 10:30 Upanishad 1
11:15 - 12:45 Upanishad 2
13:00 - 13:30 Lunch
13:30 - 16:00 Free time
16:00 - 16:45 Meditative Movements
17:00 - 18:30 Bhagavad Gita
19:15 - 20:00 Diner
20:15 - 21:00 Dialogue

Dates of arrival/departure
We suggest that the participants arrive Manjakuddi by 30 November 2019. The classes begin on 01 December early morning and end on 10 December lunch time.

Location and accommodation
Manjakuddi is situated on the banks of the river Cauvery between the towns of Kumbakonam and Tiruvarur, in a predominantly rural and agricultural area. In this charming village, we will visit Swamiji’s school, college and other projects which have transformed the lives of thousands in the area. This region also has some of the most ancient temples in India.
Accommodation is arranged in a beautiful guest house in Manjakuddi village itself.

Cost
(1) Staying expenses at the Guest House (accommodation, three vegetarian meals, laundry)
Daya Residence: Rs. 800 per person per day. 24 single accommodation small rooms with common air-conditioned and 10 common restrooms, across two floors.
Anugraha Residence: Rs. 1,600 per person per day. 9 single and 6 double accommodation rooms. All rooms are self-contained with attached restrooms.
(2) Donation to the teachers (suggested range covering all Vedanta sessions and course material) Rs. 10,000 to Rs. 15,000 per person or above*
* Any amount above the range, depending upon your financial means and choice, will help us in continuing to share this knowledge.

Note: These two elements do not cover flight to and out of Tiruchirapalli, the nearest airport from Manjakuddi. For the transportation from Tiruchirapalli airport to Manjakuddi to be organized by the guest house, please send your travel details to M R Rajagopal, rajagopal_mr@yahoo.com +91 8056162635 and Prasenjit Bhattacherjee, prasenjit.sdet@gmail.com +91 7094467516 with copy to us at discovervedanta@gmail.com. The payment of the staying expenses to the Guest House will take place at the time of your arrival and check-in.

Pre-Registration
Participants are advised to pre-register at www.discovervedanta.com/contact.htm, fill in all their details and mention the retreat name and dates in the comments field. Closing date for registration for this retreat is 15 November 2020. Seats are limited, so do not wait to register!

Payment of deposit
We kindly request you to send us a payment of deposit Rs 5,000 for residents of India or € 100 for those living outside India. You can find all necessary information about payment (bank account details and Paypal link) at https://discovervedanta.com/upcoming-events/

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