



Intensive Vedanta retreat

Anaikatti, South India / 16-24 January 2010

During this retreat in the scenic part of South India, you will be given a unique opportunity to be exposed to the teaching of Bhagavad Gita and Katha Upanishad. 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 these texts can truly bring about a major shift in perspective and transform your entire life.

Katha Upanishad - Selected verses

Katha Upanishad is in the form of a dialogue between Lord of Death (Yama) and a young boy called Nachiketa. The teaching begins when a brilliant and discerning Nachiketa asks Yama: "There is doubt about what happens after death. Some say there is a self that survives the body. Some say there is no such self at all." He then asks Lord Yama to teach him about the true nature of I. Lord Yama, first tests him to ensure that Nachiketa is a mature person who deserves this knowledge. He then unfolds to Nachiketa the true nature of 'I' as limitless, not subject to birth or death.

Bhagavad Gita - Chapter XII

The chapter XII of the Gita unfolds in a beautiful manner different ways that individual can begin to relate to Isvara (the cause of the universe). Arjuna is taught various steps and processes through which an individual can grow in ones relationship to Isvara which culminates into a fully assimilated and integrated understanding of essential oneness between the two. In the final verses of this chapter, Lord Krishna describes vividly the qualities, values and attitude of the person who has transformed himself through this understanding.

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

Registration

The retreat is conducted in an interactive manner with a small group of individuals, which allows everybody to express ideas, ask questions, engage in discussions with each other, for better assimilation and understanding. **Number of seats is therefore limited.**

To ensure a place, register now! Just go to www.discovervedanta.com/contact.htm, fill in your details and mention the retreat name and dates, resident status Indian / Foreign, occupancy preferences in the comments field. **Closing date for registration for this retreat is December 1st 2009.**



Dates

We suggest that the participants arrive in Anaikatti on January, 15th one day before the start of the intensive course. The classes begin on January, 16th early morning and end on January, 24th after lunch. Date of departure should not be later than January, 25th.

Retreat schedule

6:30 - 7:00 Guided meditation
7:00 - 7:30 Breakfast
8:00 - 9:15 Upanishad 1
9:30 - 10:30 Optional activity (yoga class, vedic chanting etc.)
10:30 - 11:00 Tea break
11:00 - 12:15 Upanishad 2
12:30 - 13:00 Lunch
13:00 - 15:30 Free time
15:30 - 16:00 Tea break
16:00 - 17:15 Bhagvad Gita
19:00 - 20:00 Dinner
20:15 - 21:00 Dialogue session

Location and Accommodation

The retreat is in Anaikatti, located at the foothills of the Nilgiri Mountains, situated 30 km away from Coimbatore in South India. Individual comfortable rooms and cottages for couples are available within **Arsha Vidya Gurukulam, Institute for Vedanta and Sanskrit**, founded by Swami Dayananda Saraswati.



The Institute is amidst a lush green national forest reserve, which makes it an ideal location to inquire and contemplate into realities of existence without any distractions.

Cost

The cost of this retreat consists of two elements **(1) Donation to Arsha Vidya Gurukulam, Institute for Vedanta & Sanskrit** (covering accommodation and three vegetarian meals per day for the entire retreat) and **(2) Donation to the teacher** (covering all Vedanta sessions, course material, and also food, accommodation and travel expenses of the Vedanta teachers).

Indian Residents:

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

Foreign Residents

Donation to Ashram : USD 200 for Single Occupancy** (Rs.10,200)
USD 150 per person for double occupancy** (Rs.7,650)
Donation to teachers : USD 175 - USD 225 per person*** (Rs.8,900 - Rs.11,500)

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

** The exchange rate is around 51 rupees for 1 USD.

*** Through giving a range, we invite persons who are in a position to give more to kindly do so, for sharing the costs of those who can not afford to pay the full cost. Those who wish to be supported partially by this 'group contribution fund' can write to us directly and we will do our best to enable them to attend this life transforming teaching.

The cost does not include flight to and out of Coimbatore. Transportation from Coimbatore airport to Anaikatti has to be arranged by participants at the airport through the local pre-paid government taxis (approx 550 rupees).

The payment of the donation to Arsha Vidya Gurukulam will take place on the first day of the retreat during the orientation meeting.

Cancellation

We take your registration as a **firm commitment**. However, if you are not able to attend the retreat after having registered, please send us your request for cancellation by email at info@discovervedanta.com imperatively **before December 1st 2009**. It will give a chance to another person to join this retreat.

For more information on our activities, visit www.discovervedanta.com or email us at info@discovervedanta.com.

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The Yoga of Objectivity