



## ✚ Dates

We suggest that the participants arrive in Rishikesh on July, 09 th one day before the beginning of the intensive course. The classes start on July, 10th early morning and end on 19th after dinner. Date of departure should not be later than July, 20th.

## Retreat schedule

06:30 – 07:00 Guided meditation  
07:00 – 07:30 Breakfast  
08:00 – 09:15 Upanishad 1  
09:30 – 10:30 Optional activity (Yoga)  
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 Bhagavad Gita  
19:00 – 20:00 Dinner  
20:15 – 21:00 Discussion

## ✚ Cost

The cost of this retreat consists of two elements  
1) **Donation to the Swami Dayananda Ashram** (covering accommodation and three vegetarian meals per day for the entire retreat) and  
2) **Teacher fees** (covering all Vedanta classes, course material, and also accommodation and travel expenses of the teachers).

### For Indian Residents:

Donation to Ashram per person:  
Rs.4,000 for single occupancy\*  
Rs.3,000 for double occupancy\*  
Teacher fees per person:  
Rs.3000 - Rs.6000\*\*

### For Overseas Residents:

Donation to Ashram per person:  
USD 200 for single occupancy  
USD 150 for double occupancy  
Teacher fees per person:  
USD 175 - USD 225\*\*

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

\*\* Through giving a range, we invite persons who are in a position to give more to kindly do so, in a spirit of sharing the costs of those who can not afford. This will enable all deserving students to take advantage of this life transforming teaching.

Travel expenses to and out of Rishikesh are not included. Delhi / Haridwar / Delhi transportation by train and Haridwar / Rishikesh / Haridwar by taxi have to be arranged by participants.

## Ten-day intensive

# Vedanta Retreat

Rishikesh, North India  
10-19 July, 2012

For more details on how to reach Rishikesh, go to <http://www.dayananda.org/visit-ashram.html>

## ✚ Registration

Participants are advised to register at the earliest at <http://www.discovervedanta.com/contact.htm>, fill in all their address details and mention the retreat name and dates, resident status Indian / Overseas, occupancy preferences in the comments field. Closing date for registration is 1st of June 2012.

**Number of seats is limited to 20.**

## ✚ Payment

We take your registration as a **firm commitment**. However, if you are not able to attend the retreat, please send us your request for cancellation by email at [info@discovervedanta.com](mailto:info@discovervedanta.com) imperatively before **September 2nd 2010**. It will give a chance to another person to join this retreat.

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Being Alive To What Is

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