

✦ The program consists of study of :

Selected verses from Chandogya Upanishad

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Chapter XIV of the Bhagavad Gita

The chapter XIV is dealing in a profound and beautiful manner about individual growth by presenting a model of three gunas or qualities, present in all human beings in different proportions. It also makes us see the meaning of Maya which consists of three gunas and its real nature. The final verses describe the qualities of the person who has gone beyond gunas through knowledge. Lord Krishna thus reveals in this chapter the means to grow as a human being so that we can, endowed with this maturity, gain ultimate freedom and cross all gunas.

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

✦ Location and accommodation

Rishikesh is located in North India, 220 km from Delhi and 20 km from Haridwar. It is a vibrant and ancient spiritual place on the banks of the sacred river Ganges at the foothills of Himalayas. Apartments are available within the traditional center of Vedanta and Sanskrit of Swami Dayananda Saraswati.

The Swami Dayananda Ashram is in a quiet enclave fifteen minutes walking distance from the market of Rishikesh. It is giving directly on the Ganges river, which makes it an ideal location to inquire and contemplate into realities of existence. For more details, you can visit its website at <http://www.dayananda.org/>.

Ten-day intensive

Vedanta Retreat

Rishikesh, North India
09-17 October, 2010

During this retreat in North India by the Ganges River, you will be given the unique opportunity to be exposed to the spiritual 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.

✚ Dates

We suggest that the participants arrive in Rishikesh on October, 08 th one day before the beginning of the intensive course. The classes start on October, 9th early morning and end on 17th after dinner. Date of departure should not be later than October, 18th.

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 (Rs.8,800)**
USD 150 for double occupancy (Rs.6,600)**
Teacher fees per person:
USD 175 - USD 225 (Rs. 7,700 – Rs. 9,900)***

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

** The exchange rate used is Rs.44 for USD 1.

*** 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.

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

✚ Registration and payment

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 2nd September 2010. Number of seats is limited to 20.** Payment will take place on the first day during the orientation meeting.

✚ Cancellation

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 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

www.discovervedanta.com