



**With the blessings of our Pujya Swami Dayananda ji**

**Aarsha Vidya Foundation**

**Is happy to announce a**

**Vedanta camp**

**By Swāmi Brahmavidānanda and Swamīni Brahmaṣrajñānanda**

**From 14 th - 20 th Aug 2016**

**At Swami Dayananda Ashram  
Purani Jhadi, Muni ki Reti,  
Rishikesh-249137**

Brahmavidya will be unfolded through select sections of Upadeśa Sāhasri. Upadeśa Sāhasri (teaching in a thousand verses) is an independent work by Bhagavan Ādi Śankarācarya. We will practise various meditations/ upāsanas as in the Taittirīya Upaniśad, Mahābhārata and other śāstras. Mastery of the mind as revealed in the Yoga sutrās and Gita will be done.

**Eligibility:** Adults keen on self knowledge and committed to participate in the entire program.

**Note:**

- 1.Participants are cautioned that this is an intense camp with intensive meditative practices, awareness exercises and energy work as preparation for understanding Vedanta. (Please see Medical note on the website)
- 2.Participants should arrange to arrive preferably by Saturday evening. The first session will begin on 14th Aug at 8.30 am on Sunday and the last session is expected to end on 20th Aug, Saturday at 4 pm
- 3.Since Yajur Veda Upakarma is on 18th Aug, arrangements will be made as required.
- 4.Accommodation is available only on twin sharing basis

Suggested donation – Rs 4000 (per adult participant), Rs 2000 ( per child less than 15 years)

For further details of the camp and to download the online application form, please click on

<http://vedicwisdom.in/vedanta-programs/vedanta-camps/>

**About the Acharyas:**

Swami Brahmavidananda has been teaching Vedanta for over three decades and did the 1976 course with Pujya Swami Dayananda ji. He also studied with Swami Tarananada Giri ji and Swami Harihar Tirtha ji in Rishikesh.

Swamini Brahmaṣrajñānanda teaches Vedanta in Mumbai and online. She did the 2010 course in Arsha Vidya Gurukulam, Anaikatti with Pujya Swami Dayananda ji and studied earlier with Swami Brahmavidananda for about twelve years in Mumbai.