

Vedanta Retreat & Workshop



Smt Neema Majmudar and Sri Surya Tahora have both done long term course on Vedanta at Anaikatti. They conduct retreats and workshops all over the world bringing the vision of oneness. Details of the enormous work done by them can be seen in their website www.discoveredvedanta.com

They conducted a Vedanta retreat and workshop at AVG, Anaikatti from January 23 to 27, 2015. The participants were from different professions and came from various parts of India and abroad.

In the morning, participants learnt **different verses of the Gita**. In the afternoon, interactive sessions were held to help participants assimilate and incorporate vision of the Gita in their daily life. The interactive sessions covered 4 modules revisiting some essential aspects of the teachings through engaging participants in **group discussions, case studies drawn from personal and work situations, role plays and videos**. The topics covered were: successful living, decision making,

interpersonal relationship in light of the teaching of the Gita.

These two sessions were reinforced with **morning meditations, yoga and practice of meditative moments**. They were also given an opportunity to interact with resident Acharyas **Swami Sadatmananda** and **Swami Sankarananda**. At the end of five day programme, the participants left with a feeling of gratitude for having an opportunity to be exposed to the teaching.

During the valedictory function, the participants thanked the Teachers for helping them discover their true nature and ways to initiate self growth to be able to assimilate the profound teaching of the Gita. One of the participant, Dr. Anand Nadkarani, Psychiatrist, who runs one of the biggest mental health centre in India told that he had in the past tried to incorporate Indian spiritual teaching to his profession. This retreat had given him some more ideas in this direction.

Report by N. Avinashilingam