

Retreats offered by AVG Anaikatti until May,2018

The following are the retreats planned until May,2018. More camps will be announced in due course. Every retreat will include temple puja, meditation, classes on vedanta, satsang (Question and answer sessions). Chanting, yoga and sanskrit classes may also be included. Participation in Gurukula seva during the camp as needed will be appreciated.

You may register for these retreats at <http://arshavidya.in/camps-retreats>

Retreat Id	Retreat Dates	Retreat Description
R18-02	8:00PM Tuesday, 6 th Feb to 12:30PM Saturday, 10 th Feb	4 day retreat on <i>Values to prepare oneself for atma-jnanam</i> with Swami Shankarananda. This will be based on verses in the 13 th chapter of the <i>Bhagavad Gita</i> .
R18-03	8:00PM Saturday, 24 th Mar to 12:30PM on Saturday, 31 st Mar	7 day retreat with Swami Sadatmananda on <i>Sadhana and Sadhya</i> based on a text <i>Sadhanabodhini</i> .
R18-04	8:00PM Saturday, 14 th April to 12:30PM on Saturday, 21 st April	7 day retreat on <i>Atma Vidya (Self knowledge)</i> with Swami Shankarananda. This will be based on the 1 st Mundaka of the <i>Mundakopanisad</i> .
R18-05	8:00PM Saturday, 19 th May to 12:30PM on Saturday, 26 st May	7 day Family retreat on <i>Selections from Yoga-sutras and selections from the Bhagavad Gita</i> with Swami Sadatmananda and Swami Shankarananda. Children over 6 can accompany their parents and will be offered separate classes.
R18-06	8:00PM Friday, 9 th Mar to 12:30PM on Saturday, 11 th Mar	Weekend retreat with Swami Sadatmananda on <i>Freedom</i> .