

## Retreats offered by AVG Anaikatti

The following are the Vedanta retreats planned. Additional retreats on Astrology, Sanskrit and Ayurveda are likely to be announced later. Every Vedanta retreat will feature 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.

Retreat Id	Retreat Dates	Retreat Name	Retreat Description
R18-07	8:00PM Saturday, 21 <sup>st</sup> Jul, to 12:30PM Saturday, 28 <sup>th</sup> Jul	Gurupurnima retreat	7 day Gurupurnima retreat with Swami Sadatmananda who will teach the Dakshinamurti stotram & Swami Shankarananda who will dwell on the Kaivalyopanisad vakya "shraddha- bhakti-dhyana-yogaad avehi"
R18-08	8:00PM Sunday, 29 <sup>th</sup> Jul, to 12:30PM Saturday, 4 <sup>th</sup> Aug	Kaivalyopanisad retreat (Tamil)	A six day Tamil Vedanta retreat on Kaivalyopanisad with Swamini Brahmaleenananda.
R18-09	8:00PM Saturday, 11 <sup>th</sup> Aug to 12:30PM Saturday, 18 <sup>th</sup> Aug	Independence day retreat	7 day Independence day retreat on Brahma Vidya with Swami Shankarananda based on the second Mundaka of Mundakopanisad. In addition, participate in the Dakshinamurti mula-mantra japa on Pujya Swamiji's birthday.
R18-10	8:00PM Saturday, 1 <sup>st</sup> Sep to 12:30PM Saturday, 8 <sup>th</sup> Sep	Janmashtami retreat	7 day Janmashtami retreat on Prashnopanishat and Narayanashtaka with swami Sadatmananda
R18-11	8:00PM Saturday, 1 <sup>st</sup> Dec to 12:30PM Saturday, 15 <sup>th</sup> Dec	Mundakopanisad retreat	14 day Mundakopanisad retreat with Swami Shankarananda covering the third Mundaka in detail and summarizing the entire Upanisad.
R18-12	8:00PM Saturday, 22 <sup>nd</sup> Dec to 12:30PM Tuesday, 1 <sup>st</sup> Jan	Christmas and New year retreat	9 day retreat on Self Inquiry with Swami Shankarananda. This will be based on Svarupanusandhana-ashtakam. The retreat will conclude at Lunch time on 31 <sup>st</sup> . Dec. When registering please indicate if you plan to stay an extra day and start the New-year with the blessings of Dakshinamurti.