

A Sadhana Camp of Sri Swami Brahmayogananda at Amboli



Sri Swami Brahmayogananda, Yoga Shanthi Gurukulam, Chennai conducted a 3 day “Thvam Padha Vichaara Shibhir” from October 1st to 3rd 2009 at Pujya Sri Swami Dayananda Ashram, Amboli, a hill station in Maharashtra. Around 60 students, mostly youngsters, enthusiastically participated in this Shibhir. Though the staying facilities were not sufficient for 60 people, under Swamiji’s guidance, the

students easily accommodated themselves with the full cooperation of Sree Bantagiri ji and Smt Nilu ji.

The Subject matter was ‘Hasthamalakiyam’ which has a vivid explanation of the ‘Thvam Padham’ and hence the name of Shibir. The students found these classes very inspiring and thoroughly enjoyed Swamiji’s unique presentation of the topic.



The main attraction of the Shibhir, apart from the classes was the site itself- Amboli. All the campers enjoyed the serene and scenic nature, surrounding the camp site. Being in the midst of clouds was a truly unique and ‘once in a lifetime’ experience. In addition to this, the campers also visited a beautiful waterfall on the final day of the Shibhir.

The students enthusiastically took part in Group discussions, 'Sathsangam with Guruji' sessions, Morning meditation classes, Yoga Asanas, a Bharathanatyam dance programme, Smt Nilu ji's Bhajans and many more.

The disciplined and enthusiastic students were fully satisfied with this uniquely planned and organized Shibhir. '**Pujya Sri Swami Dayananda Ashram at Amboli is a very peaceful, unique and beautiful place and one should not miss seeing it**' commented Swamiji at the end of the Shibhir.



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