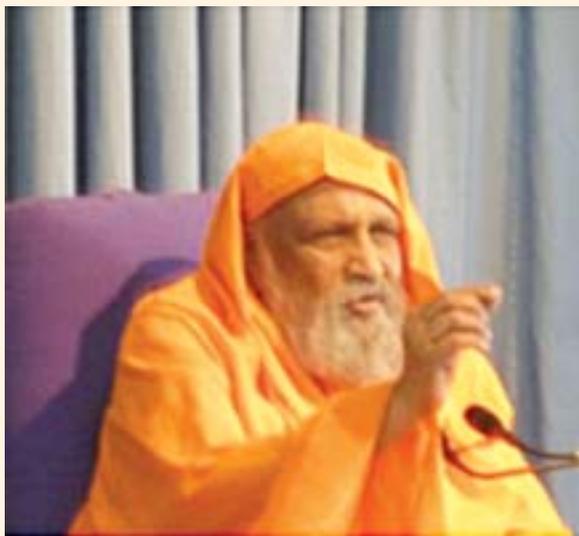
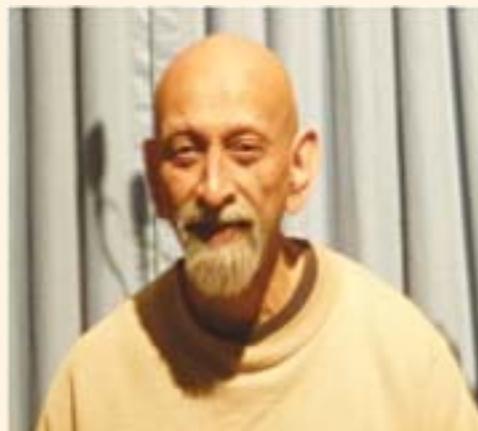


The Yoga and Sound Retreat



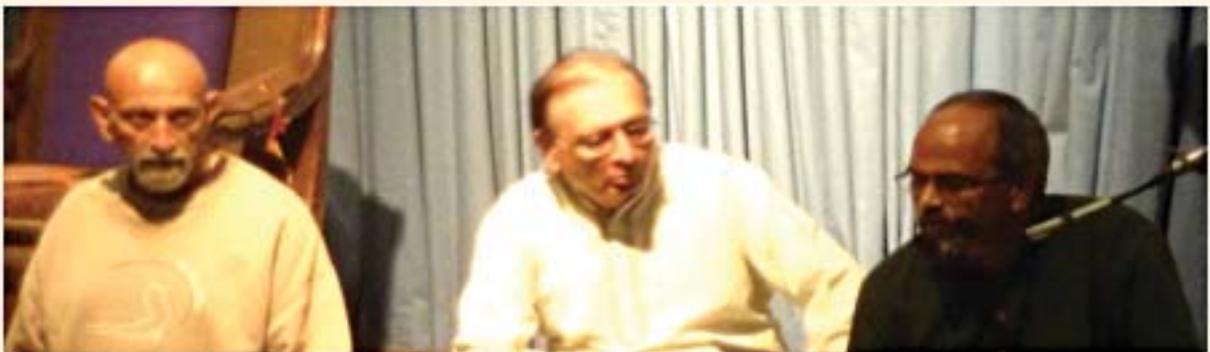
The Yoga and Sound Retreat was held at Arsha Vidya Gurukulam in Saylorsburg PA from September 6 to September 13. Approximately fifty students attended this camp. Some of the students in this camp were well accomplished in yoga and were themselves yoga teachers. Sri Ramanandji Patel and Pandit Mukesh Desaiji conducted this camp. Pujya Swamiji conducted classes on Vision of Vedanta every day. The yoga workshop was held at the Yoga Studio. On September 6th Suddhatmaji conducted the orientation. Sri Ramanandji Patel and Pandit Mukesh Desaiji are considered experts in their fields. They have developed a method of utilizing sound and yoga to promote deeper understanding of asanas, the breath, the sense and ultimately the self. Sound is also used to facilitate harmonious breath and movements.



The students were taught various musical compositions, some composed by Pujya Swamiji. Many mudras were taught. The mudras help cure some diseases and keep the body healthy. The class schedule was intense with two and half hours of sessions in the morning and in the afternoon.

Pujya Swamiji conducted classes on Vision of Vedanta. This was an overview of Vedanta and its significance to the





Mumukshu (seeker of knowledge). The human being is self conscious and self judgmental. This is a unique problem with the human being. A person is dissatisfied and cannot accept himself or herself. This results in helplessness and insecurity. Vedanta points out that the dissatisfaction is not because of the external circumstances, it is because of the ignorance of the person. It says, ' you are not what you think you are. You are already what you want to be. You are acceptable. This is the truth about you. You are trying to solve a problem that does not exist.' This is Self Knowledge. Vedanta teaches this knowledge. This is vision of Vedanta.

Pujya Swamiji conducted satsangs everyday and answered all questions from the students.

The Kitchen staff worked hard to serve delicious food. Priests Sri Ravichandran and Sri Ganesa performed the pujas regularly.

Suddhatmaji and the staff, the teachers and the volunteers worked hard to make this camp a success.

The camp ended on September 13, 2013.

Reported by Arvind Bagal