

SPIRITUAL RETREAT IN SOUTH INDIA

WITH SWAMI TATTVARUPANANDA SARASWATI AUGUST 18TH TO 31ST, 2019

Swami Tattvarupananda Saraswati is a traditional Vedanta teacher and his teaching will connect you to your day to day life and bring a new vision into your life.



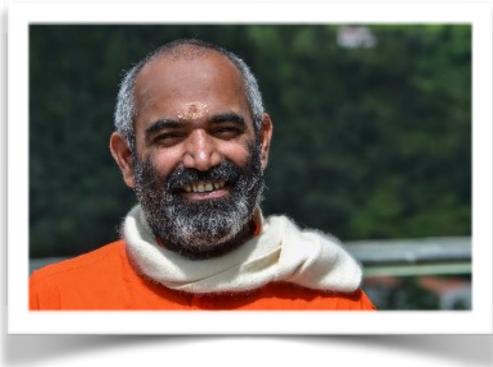
In our busy life most of us forget to take a break and go back to our source and relax in our true self. To rejuvenate our body, mind and spirit, it is very essential, to go back to the solitude and find out the purpose of our life. This is one of our main duties. To fulfil this you have a wonderful opportunity now. This time we are going to look into “Viveka Choodamani” of Adi Sankaracharya which talks about the purpose of human life and what all the sadhanas (Spiritual practice) we have to do in order to realise it in this very life itself.

The venue of the retreat is JJK Gurukulam near Thrissur, South India, the cultural capital of Kerala. The Gurukulam is located 12 km from Thrissur railway station and 54 km from Cochin airport, a spacious building, an ideal place for retreat, learn the scriptures and to be with yourself.

India is the abode of spirituality, where it was born and flourished. Go back to the source and find out the answer for the question “Who am I”, a life changing program. Immerse into the ancient vedanta philosophy from an authentic source.

Swami Tattvarupananda Saraswati conducts Vedanta lectures and spiritual retreats in various places in India and abroad for more than a decade. Swamiji travels in various parts of Europe and Asia to share Vedic wisdom with the seekers. It is an opportunity to be with Swamiji and learn Vedanta to connect to our true self.





Those who are interested to learn more about yoga and spirituality and deepen their spiritual knowledge are very welcome. We will take only 20 participants for this retreat. Please take notice that this is not a simple vacation program.

The accommodation will be in very clean and simple shared double rooms and dormitories (6 beds) with attached bathrooms. Pure vegetarian meals will be served 2 times a day.

Smoking, taking drugs, alcohol, meat, fish, eggs are not allowed during the retreat.

The donation to the retreat will be US \$1150 (Shared double room) and US \$700 (Dormitory), it includes all accommodations, meals, lectures, yoga classes, pick-up from the airport as well as a one day excursion.

Please reserve your space in advance with a US \$150 non refundable down payment.

Retreat

Arrival date 18-08-2019 in the Gurukulam.
Departure date 31-08-2019 from the Gurukulam.

Daily Schedule

Wake-up	05.30 am
Pranayama & Meditation	06.00 to 07.30 am
Herbal Tea & Snacks	07.30 am
Lecture 1	08.00 to 09.30 am
Brunch	09.45 to 10.15 am
Karma Yoga	11.15 to 11.45 pm
Herbal Tea & Snacks	12:00 to 12:30 pm
Lecture 2	12:45 to 02:15pm
Free time/self study	02:15 to 03:15pm
Yoga Class	03:30 to 05:00pm
Dinner	6:00 to 6.30 pm
Satsang	7:30 pm to 09.00 pm.

Please contact us if you need any further details

Email - jjkgurukulam@gmail.com

Mobile +91 9446177085