

# FORGIVENESS, HEALING & TRANSFORMATION

*A unique retreat with Swami Tattvarupananda*

*From 18th to 28th August 2020*

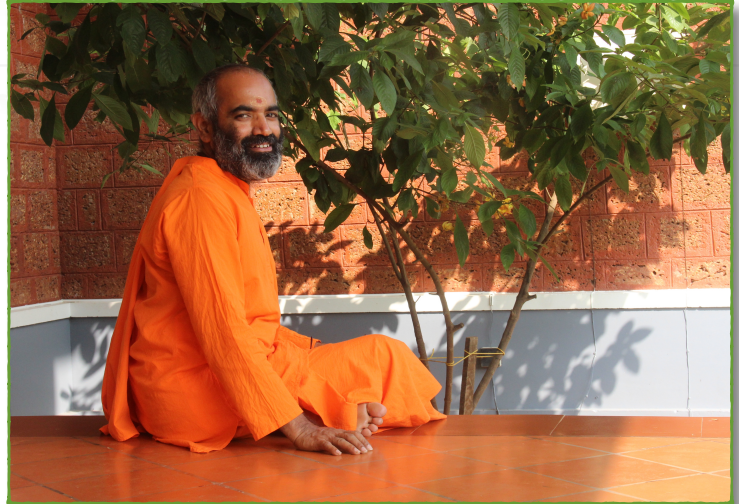
You can look at you in different ways and solve many problems which you are facing in your life. You need to develop that courage to change. Once you decide nobody can stop you, because you are the master

## Shanti Nilayam

JJK Gurukulam  
Retreat home  
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Thrissur, Kerala,  
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## A new way of looking at our life

This is a unique retreat where you will discover your true nature. As we live in this world knowingly or unknowingly, we gather a lot of unwanted habits and things. Feeling of guilt and hurts is experienced by everyone. Often we are confused about ourself and misunderstand who we really are. Sometimes someone will be victim of our anger and we feel that what we did was wrong. How can I correct myself and go ahead with a peaceful mind and heart, where I can accept myself completely without any regrets.

It is important to learn to forgive if someone treated us in a hurting way. There will be always a reason why things are going in a particular way. With our confused mind we may not be able to find out the reason. Please understand every effect has got a cause, even though we may not know the cause at present. Believe in your capacity and persistent effort to heal yourself and finally transform your life. It is a birthright of every human being to live peacefully on this planet. Here is an opportunity for you to awake this potential power which is lying in you.

Swami Tattvarupananda travels all over the world and gives workshops on different subjects for more than twenty years. You will be able to have direct contact with Swamiji during this retreat.



## Daily Schedule

Wake-up	05.30 am
Pranayama & Meditation	06.00 to 07.00 am
Herbal Tea	07.00 am
Lecture 1	07.15 to 08.15 am
Yoga Class	08.30 to 10.00 am
Brunch	10.15 to 11.00 am
Karma Yoga	11.00 to 11.30 am
Chanting class	12.30 to 01.15 pm
Herbal Tea & Snacks	01.30 to 02.00 pm
Free time/self-study	02.00 to 03.00 pm
Lecture 2	03.00 to 04.00 pm
Dinner	06.00 to 06.30 pm
Satsang	07.30 to 09.00 pm

Arrival date on 18th August and departure date on 28th August.

This retreat will include a lecture about Naturopathy as well as an excursion to the beach.

The donation to the retreat will be US \$1500 (Shared double room) and US \$750 (Dormitory), it includes all accommodations, meals, lectures, yoga classes and excursion.

**To reserve your space kindly contact us per**

**email-: [shantinilayamretreat@gmail.com](mailto:shantinilayamretreat@gmail.com)**

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सर्वे भवन्तु सुखिनः