

MEDITATION & STUDY CIRCLE

Jayanagar, Bengaluru

SPIRITUAL RETREAT

SALIENT FEATURES

- Meditation Workshop
- Talks & Presentations
- Silence & Solitude
- Participants' talent time

INAUGURATION

Dr. A. Ramaswamy Iyengar

Head,
Amrita International Centre for
Spiritual Studies

KEY NOTE ADDRESS

Sri Y V Gundu Rao

Trainer and Counsellor

FACILITATORS

Swami Chidananda

Founder, FOWAI

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Paediatrician & Life Skills
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Transformational Teacher and
Author of 'Just Be'

Dr. Thimappa Hegde

Director & Sr Neurosurgeon,
Narayana Institute of Neuro
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Sri Narasimha Prabhu

Founder,
Light of the Self Foundation

Smt. Vani Vasudev

Architect,
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Sri N. Vasudev

Program Manager, HPE

INVITATION

Most of us think that happiness is an event. We are waiting for it to happen to us. Permanent happiness seems to be just round the corner and we chase it endlessly. We identify with the body and mind. When pleasant things happen to them, we rejoice. When nasty situations confront them, we rebel. Our life is a see-saw; now up, now down... always changing, never constant. This is our daily experience. However, the scriptures tell us something different. They say, "*You are the unchanging Self. Peace is your true nature.*" Sri Ramana Maharshi says, "*You can exit the illusion of suffering by understanding that bliss is your true nature. This anchors you in reality.*" This sounds wonderful, but how do we drop our conditioning and realise our true nature? It is to explore this that we invite you to a seven-day retreat on the theme '**ILLUSION AND REALITY**'.

The retreat is set in the beautiful campus of *The School of Ancient Wisdom*, Devanahalli about 45 kms from Bengaluru city. The nine acres of serene landscape with mango groves and tall bamboos is naturally meditative. Rooms and cottages set amidst trees are scattered around the satsang hall, library and cafeteria. The retreat provides ample time to enjoy this beauty, be in harmony with nature and also contemplate on the truths discussed in the sessions.

REGISTRATION INFORMATION

Retreat dates: 11th Feb to 17th Feb 2019

Participant fee: A fee of Rs. 5300/- only (non-refundable) that includes transport, accommodation on a twin sharing basis, food and incidental expenses. This fee covers only the actual costs incurred in organising and conducting the retreat so that it does not burden the participants.

Registration dates: 10th Dec 2018 onwards

The number of participants is limited to 50. Registration will be done on first come, first served basis.

Registration contact: Smt. Vani Vasudev

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ABOUT MEDITATION & STUDY CIRCLE

Meditation & Study Circle is a spiritual movement that was started in 1979 by Late Sri S. Krishnamurthy and Late Smt. Rukmini Krishnamurthy with the conviction that spiritual knowledge must be freely available to earnest seekers. This forum has no fee or membership and is run by a team of dedicated volunteers. Weekly talks on various spiritual topics have been going on regularly since its inception for the past 39 years. Every Monday talks are held in English and every Tuesday in Kannada. *Meditation & Study Circle* also conducts weekend and week-long spiritual retreats to provide a conducive atmosphere for deeper exploration.