



Aarsha Vidya Foundation

Vedanta and Meditation camp by Swami Brahmavidananda & Swamini Brahmajnananda, Jan 2020.

As we welcome the new year, we offer an opportunity to soak in the wisdom of Vedanta through a 3 day Vedanta and meditation residential camp. Our chosen venue, Keshav Srushti is a quiet place with lush greenery and a known venue for camps and workshops.



Dates: 24th January, Friday – 26th January, Sunday 2020

(Please note that this camp is a shorter camp and will begin at 11 am on Friday and will conclude at 5 pm or earlier on Sunday.)

Venue : Rambhau Mhalgi Prabodhini – Knowledge Excellence Centre, Keshav Srushti, Esselworld Road, Uttan Village, Bhayander (West)

The venue is about 20 kms from Bhayander railway station. Details to reach are given at the end of this flier.

Topic : Vedanta and meditation The classes will be unfolding the vision of Vedanta while touching on preparedness or *adhikaritam* of a student. The camp will include a lot of meditative work and clarifying of misconceptions. We will also chant the Bhagavad Gita which you may bring with you. The texts that will be taught will be provided or informed in advance.

Donation: Rs. 3600/- per participant to cover costs of stay, food and hall charges for the entire camp. Kindly note that this is an agreed package cost.

You can contribute in either of the ways:

i. By netbanking to 'Aarsha Vidya Foundation', **SB: 000401143148, IFSC-ICIC0000004**.

Please send email to vedantacamps@gmail.com to confirm remittance. Or

ii. By cheque payable to 'Aarsha Vidya foundation' and hand over directly to Swami Brahmavidananda or Swamini Brahma Prajnananda or post to : Sw. B. Saraswati, D-1/102, Jumbo Darshan, Andheri East, Mumbai – 400069. Ph: 9820453495.

Daily Schedule (subject to slight changes):

6.30 – 7.00 am	Yoga class (optional)	12.30 pm	Lunch
7.00 – 7.20 am	Puja	3.30 pm	Tea
7.20 – 8.30 am	Meditation & class	4 - 5.15 pm	Class
8.30 – 9.30 am	Breakfast	5.15 – 7 pm	Free time
9.30 – 10.45 am	Class	7 – 8.00 pm	Satsang
11 – 12.30 pm	Class	8.00 pm	Dinner

Essentials: Besides the usual things you carry, please carry umbrella, light woollens, medicines for personal use and mosquito repellent. Yoga mat is not required.

Registration – Limited seats! Registration on first come first serve basis.

Please register by sending your name, email address, your phone number and the phone number of your next of kin, to vedantacamps@gmail.com by **15th January 2020 (latest)** For further details, call Manisha 9870215674 or email vedantacamps@gmail.com

Details of 'How to reach' accessed from this weblink

http://www.rmponweb.org/upload/ReachFile/56454how_to_reach_rmpkec.pdf

Rambhau Mhalgi Prabodhini.

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Knowledge Excellence Centre (RMP-KEC)

Booking at - Keshav Srushti, Esselworld Road, Uttan Village, Bhayander (W).

Thane - 401 106. Ph 022 - 2845 0101 / 02 / 03

Email: guestrelations@rmponweb.org | Website: www.kec.rmponweb.org

1) Travelling on WESTERN Railway :

1. Get down at dadar western railway station
2. Catch a VIRAR Or BHAYANDER local train – platform no 1 or 3 or 5
3. Get down at Bhayander railway station and come out to the WEST
4. From Bhayander west take a local bus (bus no – 1,2,3,4) and reach to **Keshav Srushti bus stop (Bhoot Bungalow)** and from there take Auto rickshaw (minimum 3 pax) to Rambhau Mhalgi Prabodhini (Aprox Rs. 35 / 40)
5. Or From Bhayander station take a direct Auto rickshaw (minimum 3 pax) to Rambhau Mhalgi Prabodhini (Aprox Rs. 100 / 120)

3) Travelling by road (Western express highway)

From Mumbai or Airport - Further down on western express highway (After Dahisar check naka) at kashimira signal (naka) take left to esselworld Road, at golden nest circle take left on flyover to reach Bhayander west, at the end of same road take third right, Turn left to water tank and reach up to **Uttan telephone exchange** further take first left to enter Keshav Srushti and RMP-KEC.
Hemant Deodhar - 9833007064