

# **ARSHA VIDYA GURUKULAM**

OFFERS A SERIES OF TALKS BY

**SRI SWAMI TATTVAVIDANANDA SARASWATI**

AT THE VISHNU MANDIR 8640 YONGE STREET, RICHMOND HILL

*Vedanta is a body of knowledge dealing with the reality of living, of living intelligently with poise and dignity and finally, of finding one's own fulfillment.*

**Lectures at Vishnu Mandir (Main Temple Hall)**

**Meditation and Morning lectures – Museum**

## **MORNING MEDITATION & VEDANTA DINDIMA**

**Tues Dec 8<sup>th</sup> – Tues Dec 15<sup>th</sup> 7:00 AM – 8:45 AM**

**Sun Dec 13<sup>th</sup> 7:30 – 9:30 AM**

*(No meditation/Lecture on Saturday Dec 12<sup>th</sup>)*

## **SRIMAD BHAGAVATAM- -Kapilopadesa**

**Tues Dec 8<sup>th</sup> – Tues Dec 15<sup>th</sup>**

**7:30 PM – 9:00 PM**

**Sun Dec 14<sup>th</sup> 6:00 PM – 7:30 PM**

*(No Evening class on Saturday Dec 12<sup>th</sup>)*

## **ONE-DAY RETREAT**

### **Silent Meditation**

*Based on Sri Ramana Maharshi's Upadesasaram*

**Sat Dec 12<sup>th</sup> 7.00AM- 2.00PM**

**Venue:Lodhia Res. Mangal Bhavan- 25 Bryson Dr, Richmond Hill**

**(416) 580-9081 (905) 882-5357**

***Registration Fee \$30 (Includes refreshments and a light lunch)***

*Pre registration required Limited spaces*

**Mahendra Shah- (905)773-2689**

**Vishnu Mandir (905) 886-1724**

**Visit Arsha Vidya Gurukulam (USA) at [www.arshavidya.org](http://www.arshavidya.org) for details on family camps.**

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## *ONE DAY RETREAT*

### AN APPOINTMENT WITH ONESELF

We invite you to a retreat in a quiet and contemplative setting that will provide an opportunity for introspection and enquiry into the basic realities of life. This will give a clear understanding of one's own self and the priorities in life, and thereby provide clear directions for making choices in life.

## SILENT MEDITATION

Based on Sri Ramana Maharshi's Upadesasaram

Saturday, December 12<sup>th</sup> 7:00AM – 2.00PM

Venue: Lodhia Residence

Mangal Bhavan 25 Bryson Drive, Richmond Hill

(416)580-9081 (905) 882-5357

Registration Fee \$30

Pre-Registration required (limited spaces)

Major Intersections- Yonge St and Highway 7

North on Yonge Street

2<sup>nd</sup> Traffic Light, Left on Westwood lane

2<sup>nd</sup> Stop sign, Right on Denham Dr

1<sup>st</sup> Left on Bryson Drive, 2<sup>nd</sup> Last House on LHS

**RETREAT PROGRAM includes MEDITATION, LECTURES & SATSANG**

*Includes Light Breakfast and a Vegetarian Lunch*

**(Please bring your own mat/cushion for meditation)**

For further information please contact

Roopa Lodhia 905 882-5357

Mahendra Shah 905 773-2689

----- Tear Off Portion -----

RETREAT REGISTRATION FORM

NAME:..... TEL #:.....

ADDRESS: .....

EMAIL ADDRESS .....# OF ATTENDEES:.....

AMOUNT PAID .....Cash or Cheque payable to: Arsha Vidya Ontario

Mail form with cheque to: Mahendra Shah, 14 Harrowsmith Place, Richmond Hill, ON L4E2K1

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## **RETREAT SCHEDULE**

<b>7:00 AM – 7:30 AM</b>	<b>REGISTRATION</b>
<b>7:30 AM – 8:00 AM</b>	<b>GUIDED MEDITATION</b>
<b>8:00 AM- 8:30 AM</b>	<b>BREAKFAST</b>
<b>8:30 AM – 9.45 AM</b>	<b>FIRST LECTURE</b>
<b>9.45 AM –10.15 AM</b>	<b>BREAK</b>
<b>10:15 AM – 11.30 AM</b>	<b>SECOND LECTURE</b>
<b>11.45 AM – 12.30PM</b>	<b>LUNCH</b>
<b>12.30PM – 2PM</b>	<b>QUESTION AND ANSWERS</b>