

Advaita & Patanjali's Yoga Sutras

Principles & Practices

A Four-day Spiritual Immersion Retreat

February 21–24, 2019

(9:30 AM Thursday to 2:00 PM Sunday)

During this retreat Swami Sarvapriyananda and Swami Atmarupananda will each give six talks that will help in understanding and experiencing the ways and practices of Advaita (non-dual knowledge) and Patanjali's Yoga Sutras. The retreat is being conducted by the San Diego Vedanta Monastery and has been designed to provide time for reflection and contemplation, small group deliberations, and extensive dialogue with the two Swamis.

Swami Sarvapriyananda

Vedanta Society of New York
on
Advaita



Swami Atmarupananda

Vedanta Society of Houston
on
Patanjali's Yoga Sutras

ATTENDANCE IS BY PRE-PAID REGISTRATIION

(Limited to 80 participants)

Your \$125 per person contribution helps cover event expenses.

Inspiration Participation

Transformation

To Register
and for More Information

Visit: sandiegovedanta.org/retreat

For Additional Inquiries

Email: sd_retreat@netweaving.net

Call: 619-291-9377

San Diego Vedanta Monastery
1440 Upas Street
San Diego, CA 92103

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A Four Day Spiritual Immersion Retreat

February 21-24, 2019

Conducted by The San Diego Vedanta Monastery & Featuring

Swami Sarvapriyananda, Vedanta Society of New York, on Advaita

Swami Atmarupananda, Vedanta Society of Houston, on Patanjali's Yoga Sutras

PROGRAM OVERVIEW & SCHEDULE

- Talks by the Swamis will take place at the San Diego Vedanta Monastery at 1440 Upas Street, San Diego, CA 92103.
- Other events, as are noted below will take place at the Girl Scout Headquarters. The Girl Scout campus is at 1231 Upas Street, about a block from the Monastery.
- Each talk will be for about 45 minutes, followed by a Questions & Answers period.
- Three Asana Yoga classes will be offered by **Carolyn Belko**, Senior Certified Iyengar Yoga Teacher.

THURSDAY, FEBRUARY 21, 2019

- 9:30–10:00 AM **Retreat Check-in** at the San Diego Monastery
- 10:00–10:15 AM Welcome and Introduction by Swami Harinamananda
- 10:15–1:00 PM **Session 1**
Swami Sarvapriyananda—*Foundations of the Advaita Path*
Swami Atmarupananda—*The Essence in Four Sutras*
- 1:00–2:00 PM Vegetarian Lunch
- 2:00–4:45 PM **Session 2**
Swami Sarvapriyananda — *The Nature of the Self*
Swami Atmarupananda — *The Foundation of Yoga in Four Limbs*
- 5:00–7:00 PM “Life Inspires Life” Part 1 at the Girl Scout Headquarters
Interview with Swami Atmarupananda followed by Guided Meditation.
This first day ends with a pizza dinner and “Social Hour.”

FRIDAY, FEBRUARY 22, 2019

- 8:30–9:30 AM **Asana Yoga** taught by Carolyn Belko at the Girl Scout Headquarters
- 10:00 AM–12:45 PM **Session 3**
Swami Sarvapriyananda—*The Ultimate Reality*
Swami Atmarupananda—*Four Limbs for the Mind Alone*
- 12:45–2:00 PM Vegetarian Lunch
- 2:00–4:45 PM **Session 4**
Swami Sarvapriyananda—*Superimposition and De-superimposition*
Swami Atmarupananda—*Kriya Yoga*
- 5:00–6:30 PM “Life Inspires Life” Part 2 at the Girl Scout Headquarters
Interview with Swami Sarvapriyananda followed by Guided Meditation.

SATURDAY, FEBRUARY 23, 2019

- 8:30–9:30 AM **Asana Yoga** taught by Carolyn Belko at the Girl Scout Headquarters.
- 10:00 AM–12:45 PM **Session 5**
Swami Sarvapriyananda—*Meditation in Advaita 1*
Swami Atmarupananda—*The Kleshas*
- 1:00–2:00 PM Vegetarian Lunch
- 2:00–4:45 PM “Group Think” at the Girl Scout Headquarters
Participants, in small groups, share and reflect upon what has been heard, understood, and experienced during the retreat. Each group will develop 2-3 core questions for further deliberations with the Swamis.
- 5:00–7:00 PM Follow-up interactive Q&A Session with the Swamis, followed by group meditation.

SUNDAY, FEBRUARY 24, 2019

- 8:30–9:30 AM **Asana Yoga** taught by Carolyn Belko at the Girl Scout Headquarters
- 10:00 AM–1:00 PM **Session 6**
Swami Sarvapriyananda—*Meditation in Advaita 2*
Swami Atmarupananda—*Abhyasa–Practice*
Final Q & A Session with the Swamis
Wrap-up comments by the Swamis
- 1:00–2:00 PM Vegetarian Lunch

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