

# Yoga Bharati

www.yogabharati.org

## Yoga in Daily Life ~ Yoga/Meditation/Discourse Spiritual Retreat

Residential Camp, March 22nd - 24th in YMCA Camp Jones Gulch, La Honda



**Sri N.V.Raghuram**

Invited Speakers for lecture sessions: **Prasad Kaipa of SelfCorp**  
**Vasuvaj a Sanskrit Scholar**  
**Pratichi Mathur an Ayurveda expert**

### Topics for discourse include from the following list:

- \* Introduction to Yoga and Streams of Yoga - an integrated approach.
- \* Simple ideas of Yoga Therapy for practical life
- \* Emotion Culture - Concept of love rightly understood
- \* Understanding messages of Upanishads - simplified approach
- \* Vedanta Darshan - Relevant to today's life
- \* Understanding stress remedy in Bhagavad Gita perspective
- \* Getting over challenges raising up children in USA
- \* Inner Freedom and Expanding Awareness
- \* Messages from incidents of Ramayana
- \* Living in Balance with Ayurveda (For Smt.Pratichi Mathur)
- \* Vedanta in Business (For Sri Prasad Kaipa)
- \* Easiest way of learning Samskrit (For Sri Vasuvaj)

## **Programs at a glance:**

### **Friday, March 22nd 2002:**

7:00pm - 9:00pm : Registration, Unit allocation, Dinner  
9:00pm - 9:30pm : Instructions and Introductions.  
9:30pm - 10:00pm : Jyoti Meditation  
10:00pm - Sleep

### **Saturday, March 23rd 2002**

Early Morning Sessions 5:30am to 8:45am : Prayer, Yogasanas, Pranayama, Meditation and Discourse by Sri N.V. Raghuram.  
8:45am to 10:00am : Shower, Breakfast  
10:00am - 12:00pm : Lecture sessions.  
12:15pm - 1:45pm : Lunch break/Informal discussions/QA with guests.  
2:00pm - 5:00pm : After noon sessions: Yogic games, discussions, QA and discourse sessions.  
(Break between each session)  
5:00pm - 6:00pm : Games  
6:15pm - 7:00pm : Bhajans - tunes for the mind  
7:00pm - 8:00pm : Discourse session  
8:00pm - 9:00pm : Dinner  
9:00pm - 10:00pm : Discussion/QA session followed by Jyoti Meditation  
10:00pm - Sleep

### **Sunday, March 24th 2002**

Early Morning Sessions : 6:00am to 9:00am: Prayer, Yogasanas, Pranayama & Meditation and Discourse by Sri N.V. Raghuram.  
9:00am - 10:00am : Shower, Breakfast  
10:00am - 12:30pm : Discourse sessions  
12:30pm - 1:00pm : Concluding Function  
1:00pm - 2:00pm : Lunch and disperse.  
2:00pm - 3:00pm : Optional additional Discourse by Raghuram.

### **Note:**

1. All sessions are optional. We strongly encourage you to participate actively in all sessions to take the maximum benefit of the camp.
2. There will be separate games/programs for kids of age 5 and above. Kids below 5 are parents responsibility.

### **What to bring to the retreat:**

- Warm clothing (nights could get a little cold)
- Sleeping bags, blankets, pillow, flash light
- Bath towels and personal toiletries
- Loose and comfortable clothing for yoga practices
- Yoga mat (or some soft blanket)
- Any personal health medications
- Most of all, a positive attitude!

More details and RSVP: Visit <http://www.yogabharati.org>