

# Yoga Bharati

<http://www.yogabharati.org>

---

## Dharma and Holistic Yoga Retreat - 2007

---

Yoga Bharati is pleased to announce a three days 'Yoga Retreat' with Discourse Series by Shri Raghuramji on the topic 'Sanatana Dharma'.

For many years Shri Raghuramji has been visiting USA to bless us with his knowledge and insight of 'Science of Yoga'. This great ancient science has its roots in 'Sanatana Dharma' and this aspect has been quite evident through many of his lectures.

Unlike many other spiritual teachings, which are more mystic in nature, Shri Raghuramji's discourse is always applicable in day-to-day life and we find useful solutions to normal human problems. He answers all kinds of questions most satisfactorily and convincingly. This discourse series will provide deeper understanding of various dimensions of 'Sanatana Dharma' with guidance as to how 'Science of Yoga' can take us to the path of Dharma in our daily life.

The sessions during this retreat will unfold the deep layers of the topic 'Sanatana Dharma'. Starting with 'What and Why is Dharma' sessions will explore its various attributes including how Dharma can guide us in our daily life. Sessions will also unfold the question 'Purpose of Life' through details about 'Purushartha', go into details about role of rituals, and many more questions (see list of topics at the end of program outline)

For the long weekend of 'Labor Day' there will be approximately 18 hours of sessions that will include lectures, discussions, practices and Q/A (see program outline)

In order to better facilitate the discussion and Q/A sessions you are requested to submit Two Discussion Topics (**select top two topics of your interest**) and Questions – submit discussion topics and questions on the registration form

*Time permitting your topics/questions will be included in the respective session.*

The attendees are expected to stay at the camp for the retreat. **The camp facility has arrangements for lodging and boarding.** The site is approximately 40 miles from San Jose and San Francisco airports. Transportation details will be listed in the registration package.

**Venue**

YMCA Camp Loma Mar  
9900, Pescadero Rd  
Loma Mar, CA 94021

**Camp phone** (650)-879-0223

**Arrival and Departure**

Plan to Arrive on Aug 31 by 6 pm  
Plan to Depart on Sept 3 by 1 pm

**Direction to facility**

From San Francisco Airport  
[Map from San Francisco Airport to Loma Mar Camp Site](#)

From San Jose Airport  
[Map from San Jose Airport to Loma Mar Camp Site](#)

**Facility details**

**Lodging**

Facility has cabin style accommodation with full kitchen facility  
Each Cabin has bunk beds and can accommodate 8 to 12 persons  
Total accommodation is approximately 150

**Boarding**

All meals will be vegetarian  
There will be dinner on Friday  
On Saturday and Sunday - Break Fast, Lunch and Dinner will be provided  
On Monday – Breakfast and Lunch will be provided  
There will be tea/coffee/juice with snacks in the afternoon on Saturday and Sunday in between sessions

**All Lectures will be held in the designated meeting hall**

We plan to provide childcare including children activities for age groups between 3 to 12 years. This will depend on the number of children attending the camp. Parents will need to care for own children under the age of 3 and such care will have to be outside lecture venue

~~~~~  
**Dharma and Holistic Yoga Retreat - 2007**  
 ~~~~~

**Program Outline**

**Friday (Aug 31)**

6:00 to 7:00 pm	Arrival and registration
7:00 to 8:00 pm	Dinner
8:00 to 9:00 pm	Inaugural session
9:00 to 10:00 pm	Yoga session (MSRT)

**Saturday and Sunday (Sep 1<sup>st</sup> & 2<sup>nd</sup>)**

6:00 am	Wake up
6:30 to 7:30 am	Yoga class (YPH/Therapy)
7:30 to 8:30 am	Morning chores
8:30 to 9:00 am	Breakfast
9:00 to 12:15 pm	Two sessions, 1-1/2 hour each with 15 min break
12:15 to 1:00 pm	Lunch
1:00 to 1:45 pm	DRT/Introduction to Samskritam (optional)
1:45 to 5:00 pm	Two sessions, 1-1/2 hour each with 15 min break
5:00 to 6:00 pm	Krida Yoga (Outdoor activities)
6:00 to 7:00 pm	Bhajan/Satsang/Group activities
7:00 to 8:00 pm	Dinner
8:00 to 9:00 pm	Breakout Session (Q&A, Therapy consultation), Cultural activities
9:00 to 10:00 pm	Jyoti Trataka/SMET session
10:00 pm	Good night

**Monday (Sept 3)**

6:00 am	Wake up
6:30 to 7:30 am	Yoga class (YPH/Therapy)
7:30 to 8:30 am	Morning chores
8:30 to 9:00 am	Breakfast
9:00 to 10:45 pm	One session, 1-1/2 hour with 15 min break
10:45 to 12:15 pm	Concluding session: Invocation, Guest speech, Camp feedback, Vote of thanks
12:15 to 1:00 pm	Lunch and departure

**Partial list of Topics which will be covered during sessions:**

- What is dharma (more than Law and moral code of conduct)?
- Why dharma?
- Is Dharma religion or does it fulfill the religion?
- Dharma is one of the four purposes of life called 'Purushartha'
- Principles and practice of dharma in daily living.
- Have we lost dharma and is there a way we can revive Dharma principles?
- The role of rituals in practicing Dharma
- Q/A

## **Shri. N.V. Raghuram**

Sri. N.V. Raghuram is the International coordinator for SVYASA. After a successful career in engineering, since 1978, Shri.Raghuramji has dedicated himself full time to this task. He has been teaching Yoga classes, offering Yoga therapy sessions for various ailments, delivering Spiritual discourses and conducting spiritual retreats. He has traveled several countries to conduct yoga courses and spiritual discourses on variety of topics, such as - Basic Philosophy of Yoga, Yoga and Stress Management, 'What is Yoga', 'Yoga in our daily life', Message of Upanishads and Bhagvad Gita and many more.

Shri Raghuram is instrumental in spreading the work of the institute over 26 countries with collaborative research projects in Royal Free Hospital, London, Middlebrough General Hospital, Middlebrough in UK, Fort Collins Chest Clinic, Denver, Eating Disorder Center in Los Angeles, University of Florida in Gainesville on EMRI research in USA

## **SVYASA** (Swami Vivekananda Yoga Anusandhana Samsthana - <http://www.vyasa.org>)

A premier Yoga Research Institute in Bangalore, India and is now a Deemed University recognized by Govt of India, Ministry of HRD through UGC

Institute is renowned throughout the world for its contributions to Yoga as a **practical life science**. It offers training and knowledge that is derived from **breakthrough yoga research and its practical implementation**. The institute has advance state of the art research facility and conducts joint research programs with various medical institutions throughout the world.

### ***Facilities and Resources of the Institute***

- ♦ *At Bangalore it is has 'Health Home' (Arogyadhama as opposed to hospital) with 160 beds with most comprehensive and effective treatment of modern ailments through Integrated Approach of Yoga.*
- ♦ *Produces largest number of research papers for any institute in Yoga therapy and other applications of Yoga in the nation & international research journals of renown.*
- ♦ *Trained 3500+ yoga teachers to introduce yoga in schools in 8 States of India and trained 1500+ teachers in Japan.*

## **Yoga Bharati**

Yoga Bharati is voluntary, non-profit organization dedicated to create yoga awareness spread this great ancient science of Yoga and to build a team of motivated volunteers to conduct Yoga classes, camps and retreats.

With support and help of SVYASA and Shri Raghuramji, various chapters of Yoga Bharati have been established throughout USA and other countries. With its HQ in **San Francisco** bay area currently its chapters are in **San Francisco east and south bay, Los Angeles, Detroit, Atlanta, San Diego, Seattle, Bangalore (India) and Istanbul (Turkey)**.

Yoga Bharati will continue to invite learned Yoga Gurus both from India and locally here in the USA to promote **Yoga as a life science**. Apart from the classes, camps and retreats, Yoga Bharati will bring various Yoga related activities such as Yoga Instructor Certification Course (YICC), yoga workshops, lectures, demonstrations, etc. to benefit yoga enthusiasts at various levels.

## Registration Form

### Fee schedule

Adults - \$200, Children (3 to 12 years) - \$150

Family Name .....

### Attendees:

Age

Fee

1. Name .....
2. Name .....
3. Name .....
4. Name .....
5. Name .....

**Total .....**

*Check payable to "Yoga Bharati"*

Mail this form along with the check to either of the following address:

Anil Surpur  
 7630 Kirwin Lane  
 Cupertino, CA 95014

or Sharad Dandekar  
 5777 Indian Pointe Dr  
 Simi Valley, CA 93063

**Topics for discussion** (for dinner time, if not submitted earlier)

- 1.
- 2.

**Questions:** (if not submitted earlier)

**Attire** Casual, comfortable; since temperatures vary widely, it suggested to have layered attire

**Meals** (all meals will be vegetarian)

Preferences/ restrictions (if any)

**Lodging** each bunk bed has a mattress

### Bring with you

Toiletries, medicines and other personal items, hand towel, bath towel, flashlight,

Bed sheet, pillow, blanket (temperatures at night could be mid 60s to mid 70s)

**Do not bring with you** - Jewelry/valuables, radio/tape recorder, knife, and match box

**Please note that there is no Internet connection at the facility.**