

# Ramakrishna Vedanta Centre

## Auckland Branch

**27 Arawa Street, New Lynn, Auckland**

**Phone: + 64 9 627-0499 Fax: + 64 9 627-5085**

27 September 2010

Dear Devotees/Friends

For a long time the devotees of our centre have wanted a spiritual retreat in Auckland. This was brought to the notice of Swami Sridharanandaji Maharaj during his last visit to Auckland. Swamiji has kindly given his consent for this proposal.

Accordingly the managing committee is organizing a retreat as per the details given below:

**Venue:** Bella Rakha, 581 West Coast Rd, Oratia, Waitakere.

**Date:** 19<sup>th</sup> November 2010 to 21<sup>st</sup> November 2010.

**Days:** Friday, Saturday and Sunday

**Theme:** The Higher and Lower Self (Mundaka Upanisad)

Swamijis from Vedanta Centre of Sydney will be conducting this spiritual retreat under the guidance of **Swami Sridharanandaji Maharaj**.

The cost will be **\$ 150** per person. This includes accommodation, breakfast, lunch, tea and supper. All of the food prepared will be free of meat, fish, eggs, garlic, onion and mushrooms, with no exceptions. Payment can be made either by cash or cheque or by online deposit. For online deposit, please use the following A/C details:

**A/C#: 012-3049-00358349-00**

**Bank: ASB**

**A/C Name: Ramakrishna Vedanta Centre.**

We have only limited number of seats for this retreat and it will be served on a first come first basis.

**What to bring:** Appropriate clothing and your personal medication

**What NOT to bring:** Jewellery, Expensive items, Alcohol, Drugs and Cigarettes

We have attached the registration form and the complete programme for the above mentioned dates.

Please fill in the form and send it back by email to [monnay@ihug.co.nz](mailto:monnay@ihug.co.nz) or by fax to + 64 9 627-5085.

You can also hand it in person at Ramakrishna Vedanta Centre of Auckland, 27 Arawa Street, New Lynn, Auckland between 7:00 pm to 8:00 pm (all days).

With warm regards

M Kumar  
Secretary  
Ramakrishna Vedanta Centre, Auckland.

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## SPIRITUAL RETREAT

**VENUE:** 581 West Coast Rd, Oratia, Waitakere. Ph (09) 818 8880

**DATES:** From 19<sup>th</sup> to 21<sup>st</sup> November 2010

**DAYS:** From Friday to Sunday

## REGISTRATION FORM

Name \_\_\_\_\_

Street Address \_\_\_\_\_

Suburb \_\_\_\_\_

Town/City \_\_\_\_\_

Telephone No \_\_\_\_\_

Mobile No \_\_\_\_\_

Email Address \_\_\_\_\_

Emergency Contact Person \_\_\_\_\_

Emergency Contact Phone No \_\_\_\_\_

Emergency Contact mobile No \_\_\_\_\_

Registration Fee: **\$ 150** per person.

Mode of Payment (Please tick): Cheque  Cash  Online

For online payment please use the following A/C#. Please put your name (with SR in parentheses) as the reference.

**A/C#: 012-3049-00358349-00 Bank: ASB**

**A/C Name: Ramakrishna Vedanta Centre.**

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## PROGRAMME DETAILS

### Theme: The Higher and Lower Self (Mundaka Upanisad)

#### DAY 1: FRIDAY 19<sup>TH</sup> NOVEMBER 2010

- |                  |  |
|------------------|--|
| 6:00 - 7:00 p.m. | - Registration                                     |
| 7:30 - 8:30 p.m. | - Supper Time                                      |
| 8:30 - 9:00 p.m. | - Introduction to Retreat by Swami Sridharanandaji |
| 9:15 p.m.        | - Retire for rest                                  |

#### DAY 2: SATURDAY 20 NOVEMBER 2010

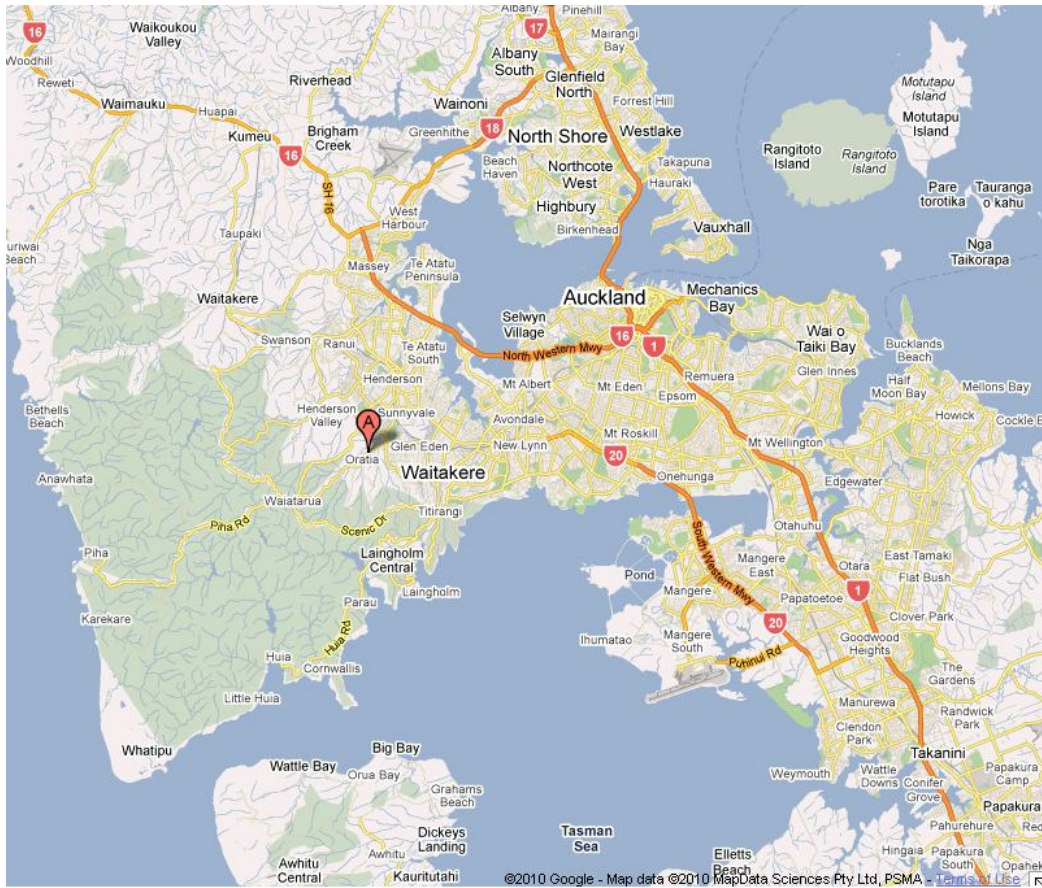
- |                           |                             |
|---------------------------|-----------------------------|
| 5:45 - 6:15 a.m.          | -Vedic Chanting             |
| 6:15 - 6:45 a.m.          | -Prayer and Meditation      |
| 6:45 - 7:15 a.m.          | -Yoga Practice (optional)   |
| <b>7:30 - 8:00 a.m.</b>   | <b>-Breakfast</b>           |
| 8:00 - 9:15 a.m.          | -Karma Yoga & Personal care |
| 9.30 - 10:30 a.m.         | -Class 1                    |
| 10:30 a.m.                | -Tea                        |
| 11:00 - 12:00 noon        | Bhajans, Yoga Nidra         |
| <b>12:30 - 01:30 p.m.</b> | <b>-Lunch</b>               |
| 1:00 - 3:00 p.m.          | -Rest                       |
| 3:00 p.m.                 | -Tea                        |

3:30 - 4:30 p.m.	-Video on Spiritual topics
4:30 - 5:30 p.m.	-Class 2
5:30 - 6:00 p.m.	-Chanting
6:00 - 7:00 p.m.	-Aratrikam, <i>Kirtan</i>
7:15 - 7:45 p.m.	-Supper
7:45 - 8:45 p.m.	-Class 3
8:45 - 9:00 p.m.	-Reading from the Gospel of Sri Ramakrishna
9:15 p.m.	-Retire for rest

### **DAY 3: SUNDAY 21 NOVEMBER 2010**

5:45 - 6:15 a.m.	-Vedic Chanting
6:15 - 6:45 a.m.	-Prayer and Meditation
6:45 - 7:15 a.m.	-Yoga Practice (optional)
<b>7:30 - 8:00 a.m.</b>	<b>-Breakfast</b>
8:00 - 9:15 a.m.	-Karma Yoga & Personal care
9:30 - 10:30 a.m.	-Question and Answer Session
10:30 a.m.	-Tea
11:00 - 1:00 p.m.	-Bhajans, chanting
<b>1:30 - 1:30 p.m.</b>	<b>-Lunch</b>
2:00 p.m.	-Dispersal

# Retreat Centre (Location Map)



 **581 W Coast Rd** ☆  
Oratia, Waitakere 0604