

June 4th–9th, 2009 • Golden Temple, Moundsville, West Virginia

हंसस्य गति विस्तारम्
हंस आत्मानं ध्यायेत्
त्रिधामा हंस उच्यते
हंसयोग विचक्षणः
हंस शुचिशत

SĀM̄KHYĀTRIVENĪ RETREAT

WITH HIS HOLINESS SWAMĪ VIDYĀDHĪSHANĀNDA

What is a conscious entity? Are we evolving?
If we are many, how are we all one?
Is our self-awareness eternal?
Does God have a mind?
Who is God?

Are there many overlords for multiple universes?
Is the path of love connected with service to God?
Is God responsible for our suffering?

- ✦ Tenets of Sāmkhya philosophy
- ✦ Role of mutation & evolution
- ✦ Arrest of mental fluctuations
- ✦ Realization of *Purusha* & *Prakruti*
- ✦ *Tattwa* as essential principles
- ✦ Yoga & Vedanta framework
- ✦ Result of devotion to God
- ✦ Full moon meditation
- ✦ Rare Prānāyāma techniques
- ✦ *Vinyasa-krama* yoga practice
- ✦ Nature walks & cow milking
- ✦ Noble silence & *shruti* method

In the flight of the swan, the wings symbolize technique and intuition. The technique practice relates to Yoga philosophy while direct apprehension is the way of Vedānta philosophy. Both are connected to the body of knowledge known as Sāmkhya philosophy. Therefore, triveni is the braid representing the confluence of these three philosophies.



Retreat phone and email

304.346.3831 • self.fellowship@yahoo.com

DATE & TIME

3pm, Thursday, 4th June – 2pm, Tuesday, 9th June 2009

LOCATION (www.newvrindaban.com)

This deeply spiritual retreat is set in an immaculate atmosphere of holy abundance at the premises of the spectacular New Vrindavan Golden Temple in Moundsville, West Virginia, which is renowned for its ornate temple, rose garden, rolling hills and lake. The facility features dormitory-style rooms and guest cottages.

MEALS & LODGING

Sattvic vegetarian meals, fruits, milk & herbal tea from supper on 4th June through breakfast on 9th June. 5 nights shared lodging. No co-ed rooms.

REGISTRATION DONATION (PER PERSON)

\$395 or more if paid by Thursday, 28th May

\$450 or more from 29th May until closing

[Sign Up Now](#)



[Register Online!](#)

Submit an online registration form at:

www.regonline.com/swamahiman

(credit cards & checks accepted)

Participants will be informed about the tax deductible portion.



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