

Yoga Bharati 

2013 Yoga Bharati Summer

Meditation Retreat

with

Shree N.V.Raghuram

&

Swami Bodhananda Saraswati

at

Sambodh Society,
6363 N. 24th Street

Kalamazoo, Michigan 49004 MI

From: 8:00PM Friday July 12th

To: 6:00PM Sunday July 14th

Includes 6 vegetarian meals

Registrations due July 5th 2013

Please mail check & registration to:

Yoga Bharati

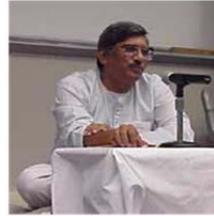
29518 Strathmore Drive

Farmington Hills

MI 48331

Upon receipt of your registration and workshop payment you will receive a confirmation email.

Cancellations less than 7 days prior to event subject to \$50 administrative fee.



Yoga Shree N.V. Raghuram

Shree Raghuram is the Spiritual Founder & Chairman of **Yoga Bharati** and Professor of Yoga Philosophy in Swami Vivekananda Yoga Research Foundation (**SVYASA**), Bangalore India. He has conducted several yoga based Stress reduction programs, yoga training programs, yoga therapy programs and meditation workshops and retreats all over the world.



Swami Bodhananda Saraswati

Swami Bodhananda is the Spiritual Founder and Director of the Sambodh Foundation, India and the **Sambodh Society, USA**. He is an accomplished teacher of Vedanta and meditation. As a **master of meditation**, Swamiji adeptly blends his personal experience and knowledge of India's ancient wisdom tradition with modern studies in consciousness and psychology.

Yoga Bharati 

Summer Meditation Retreat Registration

Name(s) _____

Address _____

City, State, Zip _____

Phone _____

E-Mail _____

Please select from the options below

Program cost:

First Adult \$250 Each additional adult \$200

Each Child* \$175

* **Children above 12 only. No childcare available**

Total Number of adults: _____

Total number of children: _____

Lodging Costs (per night)

Option 1: Transformational Sprituality Center
(limited availability on Friday)

3 in a room (shared bath) - \$33.00/night/person

1 in a room (with bath) - \$48.00/night/person

Option 2: Motel

Room with doublebed - \$48/- per night

of rooms required: _____

Fri & Sat Fri Only Sat Only

Total Amount enclosed: _____

Payment Options:

Check (to YogaBharati) Money Order

Program Contacts:

Sudha : 248-465-1033 Gayathri: 734-525-0304

Yoga Bharati: www.vogabharati.org/detroit

Yoga Bharati



2013 Summer Meditation Retreat

Yoga Bharati invites you to embark on an exciting and magical journey to unearth the divinity within you, guided by our Masters Swami Bodhananda Saraswati and Shree N.V.Raghuram

Come and discover the path to consciousness and freedom through meditation. Meditation is a state of awareness that brings calmness, clarity of thinking and countless health benefits including reducing stress. Awareness is the key to transformation and reinventing our body. Learn how you can infuse your life with joy as you immerse yourself in the ocean of divinity and inner silence.

A number of enriching meditation techniques will be taught during everyday activity.

- Ashtanga**
- Kundalini**
- Walking Meditation**
- Surya Gayatri**
- Tantrik and Vedantic Techniques**

Through our practices, you will learn how to be mindful of the functioning of the minds and its consequences on our health and lives.

Are you ever intrigued by questions like “Who am I?” “Why me?” “What is my purpose of life?”

Come and engage in a conversation with our leaders to find the answers in our open discussion forums. Learn how you can tune into your wisdom, transform your thoughts for a life of happiness and fulfillment.

Swami Bodhananda is the author of several books like **Meditation: The Awakening of Inner Powers, The Gita & Management**, and a monograph titled **Rishi Vision**. His book **Self Unfoldment in An Interactive World** (2001) presents an innovative rendering of this timeless topic.

Swamiji has given numerous lectures and meditation sessions at several businesses and universities. His theme has been to infuse modern society with spiritual values and the individual with the knowledge of his/her spiritual identity. For serious-minded students of Vedanta, he has offered more extensive programs, week-long seminars and annual retreats on specific Upanishads and the Bhagavad Gita. As a master of meditation, Swamiji adeptly blends his personal experience and knowledge of India's ancient wisdom tradition with modern studies in consciousness and psychology.

Shri N V Raghuram has conducted several spiritual retreats and yoga therapy workshops all over the world. He has also spearheaded research projects at M D Anderson, Northern Colorado Allergy and Asthma center, Colorado; Middlesboro, England; Griesbach, Germany. He has guided many research projects in the field of Bronchial Asthma, Rheumatoid arthritis, Chronic Back Pain, Eating Disorders, Multiple Sclerosis, Ataxia, Stroke, Neurological Disorders and Schizophrenia. He has published several papers in the Indian Medical and Yoga Journals and has presented several papers in International conferences.