

Arka Dhyana

RETREAT 2010

2nd to 7th December



- The lushness of this tropical paradise will help to refresh your body, mind and spirit.
- Pump up your own pure mineral (Theertha) drinking water from deep within the ground.
- Pick organic vegetables, drink fresh coconut water and be involved in organic gardening.
- Wake up in the morning to the melodious sounds of rare beautiful birds singing as though addressing you especially.

Meditate to look deeper within yourself.

While the memories of the August Retreat are still fresh we are pleased to announce that another retreat is scheduled from 2nd to 7th December 2010. This is a wonderful opportunity for those who could not attend in August.

What will I achieve by attending this retreat? Please read the following testimonial:

The retreat was truly an astonishing time for me. Not only was it inspiring, it allowed me to reconnect with nature and develop internally. It enabled me to learn to appreciate every tender moment of life and to have no unrealistic expectations, to be more content with life and to appreciate that there are people worldwide who are less fortunate than me.

The combination of alternative and advanced Arka Dhyana techniques, many lectures including talks on Vastu Shastra and Mantras has left me feeling well motivated.

During our free time, some of us played tennis and badminton, whilst others were inspired to cycle or walk within the beautiful grounds of the foundation surrounded by coconut trees, fruit trees and freshly grown produce. Having the organic vegetable garden on the grounds enabled us to have tasty and relishing dishes on a daily basis.

For me Arka Foundation in its rural location is an extraordinary beautiful place; heaven on earth. Breathing in clean and fresh air, free from carbon fumes left me feeling well rested and energised with a greater sense of well being. The sun illuminating through the trees took my breath away.

Leaving at the end of the retreat has left me feeling sad, however I feel motivated and inspired to return to continue to do good work by playing a pivotal role in the CCA.

To Srinivas Arka, our spiritual master, thank you for opening our minds and deepening our souls. Thank you for creating this SANCTUARY, Arka Foundation, Mysore.

Thank You,
Dina Magdani, UK.

For registration and more details: retreat@arkadhyana.org