

Hindu Heritage Summer Camp, Inc. presents a residential

Vedanta Retreat



Swami Yogatmananda
Vedanta Society of Providence, RI.

conducted by
and

Swami Kripamayanda
Vedanta Society of Toronto, Canada

Theme of the Retreat: Kenopanishad

Time and Dates: From 6:00 p.m. on Wednesday, August 5 till 1:00 p.m. on Sunday, August 9.

Venue: India Community Center of Rochester, 2171 Monroe Wayne County Line Road, Macedon, NY 14502.

Accommodations: Dormitory style. Beds will be provided in the cabins at the India Community Center. For those choosing to stay elsewhere, a list of local hotels are provided on the web site.

Meals: Freshly made Vegetarian meals will be provided on the premises.

Note: This will be a residential Family Retreat. Children 6 and above are welcome. Separate programs will be arranged for children.

Daily Schedule: (Tentative; changes may be made as necessary)

6:30 to 7:00 a.m.	- Meditation	Till 3:00 p.m.	- Free Time
7:00 to 8:00 a.m.	- Gentle Yoga	3:00 to 4:00 p.m.	- Yoga Workshops/Lectures
8:00 am.	- Breakfast	4:00 to 4:30 p.m.	- Coffee/Tea
8:45 to 9:15 a.m.	- Bhajans	4:30 to 6:00 p.m.	- Lecture
9:15 to 10:45 a.m.	- Lecture	6:00 to 7:00 p.m.	- Aarati & Meditation
10:45 to 11:00	- Break	7:00 p.m.	- Dinner
11:00 to 12:30 p.m.	- Lecture	8:00 to 9:00 p.m.	- Satsang (Q & A with Swamiji)
12:30 p.m.	- Lunch	9:00 p.m.	- Snack and Retire

Fees:

Full Retreat (August 5 to 9): \$ 250 per adult and children 18 and above. Early Bird Discount of \$25 can be deducted if registered before June 30.

Children (ages 6—17): \$ 225 per child. If more than one child, a sibling discount of \$25 per additional children can be claimed.

Mini Retreat (6:00 p.m. August 7 to 1:00 p.m. August 9): \$ 150 per adult/child.

Registration: Visit website: www.omhhsc.org.

For more information, contact

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