

## DATES

**Starting time:** August 16 at 16.00 (4 pm)

**End time:** August 30 after lunch, around 2 pm.

If you cannot come for the two weeks, it is possible to come for a shorter time if you come from the start.

The general rule is that it is not possible to drop in later. However, if you must, please plan so that you can follow the classes from home.

If you have questions, or some information to share (that is not in the reg form) please connect with us on [vedantacourse108@gmail.com](mailto:vedantacourse108@gmail.com) We are not checking mails every day, but you will have an answer.

## CONTENT

SwaminiJi will teach a chapter/chapters of the Panchadashi.

We will also have a daily schedule following a vedic structure, with puja and meditation in the morning, led by SwaminiJi, as well as a daily chanting class, 2 vedanta classes and satsang.

***Panchadashi** is a most revered text in Advaita Vedanta, composed by the great master Swami Vidyanaraya, many centuries ago. It is a timeless work, a lamp of wisdom, illuminating the way to self-knowledge and inner freedom, Moksha.*

*Panchadashi unfolds the core teachings of Vedanta with clarity and precision, within its fifteen chapters. The text guides the seeker through the nature of the self, the interplay of Ishvara and Maya, to the discovery of Ananda, limitless happiness, our true nature.*

*Swami Vidyanaraya integrates logic, meditation, and practical insights, offering a complete framework for understanding the oneness of the individual self (Atma) with the Universal Reality (Brahman). During the retreat for the Sangha in Sweden, I will be taking one or more chapters of this text - exploring how these teachings can transform not only our understanding but also the way we relate to the world, fostering inner peace, clarity, and a deeper sense of connection. Om*

## REGISTRATION

Please register for this retreat with this link:

<https://forms.gle/RKkyt4EPX5WfV9G78>

Participation is confirmed when your registration form is sent and please forward the deposit within 10 days from sending the reg form. If you cannot send the deposit, let us know, and your participation can be confirmed anyway. Recommended deposit is 2000 SEK for two weeks and 1000 SEK for one week.

Bank account used for the retreat: Swedbank **8105-9 983 850 425-7** Jasmine Khan Sellbom

For international transfers

IBAN **SE86 8000 0810 5998 3850 4257**

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## **LAKSHMI DEVI**

This is a 100% donation based Vedanta retreat, both the Guru Dakshina (donation to teacher), food and lodge. We are again delighted to be able to offer the teaching this way, as it always has been, also in the West.

We do have costs that need to be covered, and have a recommended donation, for those that can give that.

If you are not sure you can give the recommended donation, please let us know beforehand in the registration form. You don't need to give a reason, and are equally welcome on this retreat.

There is also the possibility to donate extra. For support of the Sampradaya and to make this Vedanta retreat accessible for those that cannot donate in the future.

No one earns money on this retreat. All the organizing etc is on a voluntary basis. Let us know if you want to help, also for the future - no experience or special skills are needed!

**Recommended donation** for food, venue, tickets etc for two weeks is 5000 SEK (447 €), for one week is 3000 SEK (268 €) and per day 490 kr (44 €).

**Donation for the teaching is voluntary as requested by SwaminiJi.**

## **SWAMINI CHIDEKARASANANDA**

Here is a link to SwaminiJis homepage:

<https://www.arshadipa.net/swamini-chidekarasananda-saraswati>

Here is a link to a Q&A from SwaminiJis online Bhagavad Gita class, to get to know SwaminiJi a bit:

[https://drive.google.com/file/d/1H\\_aCdNnZ\\_WPQ1RqRGKcyZB6JllqQ8dwZ/view?usp=sharing](https://drive.google.com/file/d/1H_aCdNnZ_WPQ1RqRGKcyZB6JllqQ8dwZ/view?usp=sharing)

## **CO-CREATING**

We will all help out with approximately 1 hour seva daily.

In this way we can keep the recommended daily donation on a level that includes most people. We also get to practise karma yoga and get to know each other.

The feedback we got from you - the sangha - was to find a way to make this happen in a low cost way. We listened.

Seva includes cooking, washing dishes, keeping the space clean and beautiful, lighting the sauna, etc.

We'll also share responsibility for different areas, and ask for practical support (like shopping, pick-ups) before the retreat.

If you have a reason for not joining the seva or not being able to do all tasks (like health, burn out), please let us know beforehand.

If someone is up for teaching, there will be yoga in the mornings, to support our many hours of sitting.

The forests nearby are vibrant places for walks and contemplation, and there will be a few hours break in the afternoons. There is also a sweet Swedish lake 2 km away for cooling dips.

## **WHO IS THE COURSE FOR?**

This retreat can be seen as a continuation of the 3,5 years course some of us started with RadhaJi in 2016. Therefore we ask those who come to have a background of Vedanta studies. Ex: having studied texts like Tattvabodha, Viveka Cudamani, the Bhagavad Gita, or Upanishads (with a traditional teacher in the same lineage).

If you are newer with vedanta, there will also be a [retreat with SwaminiJi at Shambala Gatherings August 5 - 10](#), and an Embodiment and Vedanta retreat with Sharada June 5 - 8 in Röstånga, south of Sweden.

If you are not sure what format suits you, please don't hesitate to check in with us.

## **TEACHER**

Here is a link to a Q&A from SwaminiJis online Bhagavad Gita class, to get to know SwaminiJi a bit:

[https://drive.google.com/file/d/1H\\_aCdNnZ\\_WPQ1RqRGKcyZB6JllqQ8dwZ/view?usp=sharing](https://drive.google.com/file/d/1H_aCdNnZ_WPQ1RqRGKcyZB6JllqQ8dwZ/view?usp=sharing)

Here is a link to SwaminiJis homepage:

<https://www.arshadipa.net/swamini-chidekarasananda-saraswati>

## FOOD

There will be yummy and nutritious organic vegetarian food served with vegan and gluten free options. Depending on how many we are, we will cook the food ourselves. If we are more than 12 hopefully we can find someone who can cook lunch for us at least.

Most of the vegetables will be grown on site, from Sanatanas loving hands and heart.

The kitchen is vegetarian. If you want to eat meat or fish you need to rent your own place outside.

We will do our best to serve actual allergies, but you may need to cater for yourself also. If you have a special diet you will need to find time in the kitchen to take care of yourself.

**VENUE**

Sanatana (Stefan), a long time Vedanta student, contacted us and offered to donate his home for this retreat.

**The address is:**

Charlottenborg, KULLA, 594 94 Odensvi, Sweden.

We will use the chill out area of his green house for our classes.

Please let us know if you need a pick-up, or come with a car and are available to help pick-up people from the train/bus to Jonas on WhatsApp: +45 26819060

The closest train station is **Kisa station**, 40 km away from the venue.  
The closest bus station is **Hycklinge kvarn**, 12 km away from the venue.

Tickets can be booked from [www.sj.se](http://www.sj.se)  
We will do our best to pick everyone up!

## SLEEPING

There are different sleeping options.

If you can sleep in a tent that is fantastic, and there is lots of space in the garden. Let us know if you need help to borrow something.

There are also simple rooms to sleep inside. Indoor options will be prioritized for those that come for the full two weeks, and for those with special needs.

We probably cannot provide single rooms.

There are also hostels close by (by car):

Odenvsi vandrarhem (12 min by car):

[https://www.booking.com/hotel/se/odensvi-vandrarhem.sv.html?aid=356118&label=duc511jc-1FCAsoyAFCEm9kZW5zdmktdmFuZHZHJhcmhlbUgzWANoyAGIAQGYASW4AQfIAQ3YAQHQAQH4AQSIAGoAgO4Atjat70GwAlB0gIkNmEzOGY4Y2QtOWM0Ny00ZDRiLTkyMjctY2UzZDA3MWI5Mjhi2AIF4AIB&sid=02b7efc3d15107d0a14c1846eb27a4f2&dest\\_id=-2509326&dest\\_type=city&dist=0&group\\_adults=2&group\\_children=0&hapos=1&hpos=1&no\\_rooms=1&req\\_adults=2&req\\_children=0&room1=A%2CA&sb\\_price\\_type=total&sr\\_order=popularity&src\\_poch=1739451749&srpvid=53965bac58fc10da&type=total&ucfs=1&#hotelTmpI](https://www.booking.com/hotel/se/odensvi-vandrarhem.sv.html?aid=356118&label=duc511jc-1FCAsoyAFCEm9kZW5zdmktdmFuZHZHJhcmhlbUgzWANoyAGIAQGYASW4AQfIAQ3YAQHQAQH4AQSIAGoAgO4Atjat70GwAlB0gIkNmEzOGY4Y2QtOWM0Ny00ZDRiLTkyMjctY2UzZDA3MWI5Mjhi2AIF4AIB&sid=02b7efc3d15107d0a14c1846eb27a4f2&dest_id=-2509326&dest_type=city&dist=0&group_adults=2&group_children=0&hapos=1&hpos=1&no_rooms=1&req_adults=2&req_children=0&room1=A%2CA&sb_price_type=total&sr_order=popularity&src_poch=1739451749&srpvid=53965bac58fc10da&type=total&ucfs=1&#hotelTmpI)

Horn vandrarhem (17 min by car):

[https://maps.app.goo.gl/wqBRoxdFjKp5LUxy5?g\\_st=ac](https://maps.app.goo.gl/wqBRoxdFjKp5LUxy5?g_st=ac)

## **WHAT TO BRING**

### **EVERYONE:**

towel

something to sit on in sauna

swimwear (not everyone coming is Swedish ;-)

pillows and what you need to sit on in classes.

yoga mat

water bottle

A watch, let us leave our phones on airplane mode or off, and not use them as watches, alarms, flash lights etc :-)

### **CAMPERS:**

a solid waterproof tent

camping gear incl mattress and pillow.

flash light

### **INSIDE SLEEPERS:**

pillow, bedsheets and pillow cover, we might also need a few mattress and blankets.

ear plugs and eye mask

