

An Intermediate/Advanced Workshop
Arsha Vidya Gurukulam, Pocono Mountains, Pennsylvania.
September 8 – 15, 2010

◇ **Ramanand Patel** is a valued yoga teacher and has been a senior student of Yogacharya Shri B.K.S. Iyengar since 1968 and also of H.H. Swami Dayananda Saraswati since 1991.

◇ **Pandit Mukesh Desai** is a traditional classical North Indian vocalist and a foremost disciple of world renowned Pandit Jasraj. He offers workshops on spiritual potential of sound.

◇ **Pujya Swami Dayananda Saraswati** has always graced us with his lucid and enlightening teachings. We sincerely hope Pujya Swamiji will continue to grace us with his presence. Swamiji also generously offers private interviews to students during this workshop.

In this workshop Ramanand Patel will lead a series of asana and pranayama classes. Pandit Mukesh Desai will teach music as well as create the backdrop of sound in the yoga classes. This confluence of yoga and sound will emphasize receptivity of breath with ever deepening sense perception, opening the doors to an inward journey. The resonating expansion of awareness will illuminate the path to the divine source. Discourses in traditional Indian philosophy will bring about a deeper understanding of the Self.

Facility: This residential workshop is held in the lovely Pocono Mountains of northeastern Pennsylvania. There is a well-equipped yoga studio and a bookstore. Participants will have access to Vedic rituals performed by temple priests. All meals are delicious vegetarian cuisine. It is a tradition at the ashram that students help with some housekeeping and kitchen chores.

Fees for Vedanta: As per very ancient tradition, there is no charge for the philosophical discourses offered as part of

this workshop. Students are encouraged to make a traditional donation (called Guru-dakshina) directly to the Gurukulam at the conclusion of the course.

Fee* per person for registration, boarding, lodging, music plus Yoga and Sound classes is stated below, depending on the "Type" of occupancy requested. For those who need to stay beyond workshop dates due to long distance travel or difficult airline connections, limited accommodation is available at \$80 per night. If you wish to attend all other events except the yoga classes you may pay \$300 less than the fee stated below:

Type 1: Non-resident commuter	\$800
Type 2: Double Occupancy	\$1040
Type 3: Single Occupancy – shared bathroom	\$1190
Type 4: Single Occupancy – private bathroom	\$1290
Type 5: Suite: Double Occ. with kitchenette	\$1380
Type 6: Suite: Triple Occ. with kitchenette	\$1185

(Kitchenettes in Type 5 & 6 do not have cookware or utensils)

Students with snoring challenges are encouraged to request single occupancy so as not to disturb others.

* For every new applicant you bring to this workshop who completes the workshop, you will receive a rebate of 5% of the total fee paid by you and that applicant. This rebate will be processed at the end of the workshop. For payment by PayPal or Credit Card add 3% to the fee. Visit web site at www.yogirama.com/scholarship.html for information on scholarship fund. No scholarship will be offered if there are less than 40 registrations.

The **Type of Occupancy** requested will be generally offered on a first come basis after full payment. The number of units available is known only a week before the workshop. In the event that you do not get the Type requested, you will be given a refund of the difference as per the above table. You may not claim any other compensation.

For more information please contact **Nila Patel**:

Nila Patel,
4926 Maranatha Way,
Allentown, PA 18106.

Phone: 1-610-706-3196.
E-mail: Nilasur@aol.com
www.yogirama.com

To register: Mail the *Application Form* (from the web site) with your original signature to Nila Patel; make the fee, payable to: **Ramanand Patel**.

Nila will send you a *Letter of Acceptance* together with other important information on travel and the ashram. Send a deposit of \$100 with the *Application Form*; the balance of the payment must be received by **July 8, 2010**. **Failure to pay such balance on time will result in forfeiture of your place to the next person on the waiting list; no reminders will be sent.**

Refund Policy: Cancellation request must be made in writing. Before **June 8** full refund will be given. After **June 9** a fee of \$100 will be deducted. After **July 8** there will be no refund, unless an acceptable replacement can be found. Wait listed applicants may cancel *before being accepted*.

FOR REGISTRATION OR CANCELLATION PLEASE CONTACT ONLY NILA PATEL. DO NOT CONTACT THE GURUKULAM FOR THESE SERVICES.

Gurukulam will help with transport from Allentown airport or nearby bus stations if you inform the Gurukulam of your travel plans before **August 8**. For more complete information on travel and driving directions, diet, telephone, other facilities and "Do's and Don'ts" at the Gurukulam please visit www.yogirama.com/Flyers.html.

Arrival: After lunch on Wednesday September 8

Departure: Soon after lunch on Wednesday September 15

Nila Patel
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Nilasur@aol.com
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Yoga & Sound

with teachings in

Traditional Indian Philosophy

Rãmãnd Patel • Pandit Mukesh Desãi

H.H. Swãmi Dayãnanda Saraswati

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Pocono Mountains, Pennsylvania, USA

www.arshavidya.org