



|| Jyotiṣāmayanam Cakṣuḥ ||
(Vedic Astrology is the Eye of Wisdom)

Sri. Sankara Bhagavadpada's

|| **Amanaska Yoga** ||
(International Immersion Retreat)

Dates: January 31st to Feb 9th, 2020

Venue: The Accord Metropolitan Hotel, Chennai.

Organized By: The Tat Tvam Asi Trust,

Regd. Off: 'Ashirvad', No:2/507, III Cross St, Sunrise Avenue, Neelangarai,
Chennai-600 115, Tamil Nadu, India.

This document is not to be re-produced without written authorization from
The Tat Tvam Asi Trust, which is Organizing this Intl Retreat.

Venue:

Hotel Accord Metropolitan, No. 35, Gopathi Narayanaswami Chetty Road, Parthasarathy Puram, T. Nagar, Chennai, Tamilnadu - 600017, India.

Phones : **Call** : 44-2816 1000 / 4391 1000; **Fax** : 44-4354 6796,

Toll Free : 1-800-1234-100; **Website** : www.theaccordhotels.com

Dates and Timings:

Jan 31st to Feb 9th, 2020, 9am to 6pm. Buffet: Breakfast, Lunch, Dinner and Tea/Coffee with cookies in the forenoon/afternoon will be provided each day for all Inhouse Participants. The forenoon and afternoon Tea/Coffee and cookies will be available for Day Scholars as well. Those Day Scholars who wish to have lunch at the Hotel, will also be provided lunch.

Guidelines for International Participants, as well as Day Scholars:

- 1.** As this is an International Retreat, all overseas Participants are kindly requested to arrive in Chennai, latest, by Jan 30th, ideally, after 12:00pm. Some of you may prefer to arrive in the forenoon of Jan 30th, or even on Jan 29th itself, in the afternoon or evening. *Such well-timed arrival is quite welcome. However, all overseas Participants/overseas group leaders must inform us, their arrival time and date well in advance, so that we may make arrangements in advance for their air-port pickup and comfortable stay at the Hotel-prior to the Retreat Days.*
- 2.** There will be a *Pre-Retreat Gathering* in the Hotel on Jan 30th in the evening, where both Inhouse Participants as well as Day Scholars will have an excellent opportunity to informally meet in a group and get to know each other.
- 3.** Both Inhouse Participants as well as Day Scholars are to submit the fully completed Registration Forms to the Organizers, prior to the commencement of the Retreat, on Jan 31st.
- 4.** For all Participants: Please arrive a few minutes early each day of the Retreat to settle in quietly, so that we may start every day punctually at 9:00 am.
- 5.** All Participants are requested also switch off their cell phones during the Retreat hours.
- 6.** No audio or video recording of the Retreat is permitted.
- 7.** Please note that consumption of alcoholic beverages, intoxicants and smoking during the Retreat hours is strictly not permitted. It is recommended that even outside the Retreat hours, that Participants abstain from these activities.
- 8.** *Please speak softly at all times when the occasion warrants it. In the Seminar Hall, let us follow the simple rule of only one individual speaking at a given time, and all others listening to that speaker. It is important to respect all Participants, maintaining sensitivity and decorum at all times. There will be a Tat Tvam Asi Organizer, who will co-ordinate the Qs and As.*

This document is not to be re-produced without written authorization from
The Tat Tvam Asi Trust, which is Organizing this Intl Retreat.

9. One of the Tat Tvam Asi Organizers will be always available to you for addressing your complaints and difficulties.
10. The entire Ten-Day Intl Event will be uninterruptedly Videographed for creating Video support materials for Sri. Sankara Bhagavadpada's upcoming **Amanaska Yoga Online Course**. There will be one Tat Tvam Asi Organizer, who will work closely with the Videographers.
11. Participants may note that, if someone needs to cancel their Registration, they should do so through a written request (not later than Jan 1st, 2020), so that they may receive the refund, according to the stipulated terms and conditions. Please find these on page 2 of the Tariff Card.
12. *Conversations and dialogues, outside the Retreat timings are welcome and encouraged, but please ensure that they are largely centred on the themes of the Amanaska Yoga Retreat, specifically, and on the life of the spirit, in general. To secure the highest benefit from this Retreat, even outside the specified timings (9:00am to 6:00pm), choose to be contemplative and meditative, rather than extroverted and given to much talking.*
13. One of the Inhouse Participants will offer *Yoga Sadhana*, every morning, between 6:00 am to 7:15am in the Hotel itself. This is primarily for the benefit of the Inhouse Participants.
14. Such of those Inhouse Participants who wish to be out in the open and who would like to walk amidst lush green nature, may take a walk in a nearby Public Park, details of which may be got from the Organizers.
15. The Accord Metropolitan Hotel has a SPA and Gym, as well as a Swimming Pool, for the benefit of all Inhouse Participants.
16. Such of those Day Scholars, who wish to have breakfast and/or lunch at the Accord Metropolitan Hotel, may inform the Organizers in advance, so that arrangements may be made accordingly.

The Amanaska Yoga Pilgrimage in Vedic India - 2020

There has been keen interest in undertaking an educative and ennobling pilgrimage to sacred centres in South India. Chennai is the capital of the state of Tamil Nadu. The Organizing trustees of 'Tat Tvam Asi' did not want to organize a 'nominal pilgrimage' which is rushed and gone through thoughtlessly as distracted tourists do. So, they wanted the Amanaska Yoga Participants to really devote enough time for the discovery of the deeply spiritual soul and psyche of India. To achieve this spiritual goal, they are organizing a pilgrimage to Kalady, Trivandrum, Kanyakumari, Rameshwaram, & Madurai, which are sacred places situated in the southern deeps of South India.

This document is not to be re-produced without written authorization from
The Tat Tvam Asi Trust, which is Organizing this Intl Retreat.