
2008 Chinmaya Spiritual Retreat

REGISTRATION FORM

Name of Adult/Youth/Child participants:

1. _____
2. _____
3. _____
4. _____

Address: _____

City: _____ P/C: _____

Phone: _____

Cell Phone: _____

Email: _____

| Fees (Accommodation, Transport and Food) |
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|--|

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|---|
| Adult participants: \$190 * |
| Students (above 13 years and over): \$120 * |
| Children (below 12 years): \$100 * |
| Kids under 5 years of age are free. |

* portion of fees will be tax deductible.

Please register as soon as possible to reserve your place as spaces are limited. All payments due by July 21.

Disclaimer/Waiver: The retreat participant uses the Awacamenj Mino campsite at his or her own risk and is also aware of the "save harmless and indemnity" provisions of the National Capital Commission.

Enclosed cheque for \$ _____ payable to Chinmaya Mission Ottawa. Please mail to:

Chinmaya Mission Ottawa

20 Huntings End, Kanata, Ontario K2M 1L5

(613) 591-5961

chinmaya.ottawa@gmail.com



**Swami
Ishwaranandaji**

Inspired by Pujya Swami Chinmayananda, under the guidance of Pujya Swami Brahmananda (CM Bangalore), Swami Ishwarananda left his software profession and joined 'Sandeepany Sadhanalaya' in Mumbai, India, in 1991.

Upon completing his training, he served as a brahmachari in CM Bangalore and CM Kolkata, in India.

In 1995, he was made resident acharya of Chinmaya Mission Southern California. In 2000, he received sannyasa diksha from Pujya Swami Tejomayananda.

Brahmacharini Aparna Chaitanya

With the blessings of Pujya Gurudev, Aparna Chaitanya was initiated as a *brahmacharini* into the Chinmaya Mission order in August 1995. She has lived and studied across the US since childhood. Presently stationed in Miami, Florida, Aparnaji conducts Vedanta classes for children, youth and adults. She enjoys laughter, stories, and music.

Brahmachari Prabhat Chaitanya

Ottawa's own Nishant Mhatre, after attending a *Gita jnana yajna* of Pujya Gurudev, joined Chinmaya Mission activities as a Bala Vihar student in Ottawa in 1991. Under the tutelage of Pujya Guruji Swami Tejomayananda, he completed the intensive two-year Vedanta course. In September of 2007, the newly initiated Brahmachari Prabhat Chaitanya was posted to Chinmaya Mission Toronto, where he continues his *sadhana* and offers spiritual discourses.

Chinmaya Family Spiritual Camp 2008 July 24 to 27, 2008

with
**Swami Ishwaranandaji
and
Brni. Aparnaji & Br. Prabhatji**



at

Awacamenj Mino Camp Site
Gatineau, Québec



The 2008 Chinmaya Retreat is organized for the participation of entire family!

Surrounded by nature and a peaceful environment, all members of your family will grow and glow from **inspirational talks** by Swami Ishwarananda, peaceful **morning yoga and meditation** sessions, **satsang with Acharyas**, and the celebration of **Navaratri and Durga Visarjan**.

Theme

Goddess Durga is worshipped for her gracious as well as terrifying aspect. Mother of the Universe, she represents the infinite power of the universe and is a symbol of dynamism.

Combining the religious and cultural activities, **Navaratri** is one of the most popular and widely celebrated festivals of Northern India. With garba, dandiya ras and puja rituals, this is one festival that unites all aspirants in one thread. **Navaratri** lasts for nine days with three days devoted to each of her three forms: Goddess Durga – the Goddess of Valor, Ma Lakshmi – the Goddess of Wealth and Ma Saraswati – the Goddess of Knowledge. Let your whole family share blessings of **Navaratri** while gaining a true understanding of its significance.

Adult participants will listen to Swamiji's discourses on **Siva-paradha-ksamapna-stotram**. This is a famous set of 12 stanzas by Sri Adi Shankaracharya. In it, he asks Lord Siva for forgiveness at various points in life, for sins known and unknown, born of both commission and omission. Swamiji's sharp, lucid style combines a unique blend of humour and wisdom that engages and inspires everyone's heart.



Along with outdoor activities including sports, youth will get to enjoy some down time with their beloved Aparnaji. Through discussion groups, debates and reflection, each will gain appreciation of the Lord in the form of Divine Mother.

Children under the age of twelve will soak in Her Spirit through songs, games, crafts and activities under the guidance of Br. Prabhatji. There will also be a special program for pre-kindergarten to Grade 1 kids.

Schedule

The camp will begin on the afternoon of July 24th (Thursday). Please note no cars are permitted on site. A pre-arranged bus will depart from the Pinecrest Mall at 4 p.m. and the Ottawa Train Station at 4:30 p.m. The adult and youth programs include morning meditation class, lectures on the discussion groups, informal *satsang* (question and answer session) with Acharyas, songs around the camp fire and other recreational and devotional activities. The children will enjoy devotional stories, arts and crafts and recreational activities. One of the highlights of this year's camp will be the celebration of Navratri! The camp will end on July 27th (Sunday) after lunch. The bus departs from the campsite at 2 p.m., arriving back at the train station at 4 p.m. and at the Pinecrest Mall at 4:30 p.m.

What you need to bring:

- Clean white T-shirt for a group activity for all including adults
- Sleeping bag, pillow, comforters (bed provided)
- Swimsuit, beach towel, PJ's and towels, hat, sunglasses, sunscreen, bug repellent
- Toothbrush, toothpaste and soap and shampoo

This facility has hot running water. All meals, plates and cutlery will be provided.



For further information, please contact:

Gita / Anil Parekh613 738-7466
Bina / Shailesh Sutarwala613 591-5961
Ketaki / Arun Mhatre613 225-3768
Shalini Sahni.....613 715-9776

chinmaya.ottawa@gmail.com



Visit website for more information:

www.chinmayaottawa.com

All are welcome.
