



INNER PEACE INNER POWER

A Residential Retreat at Mt Abu, Rajasthan, India
14–20 October 2018



To survive and thrive in this turbulent world we need peace and power. Not the peace that is simply absence of a few worries, and not power that is political or used to control others. This is inner peace and power; the type that makes one steadfast in the face of challenge; the peace and power that comes from a deep inner contentment.

We live in an age when we have unprecedented power to access unlimited information in a second. We can interact daily with dozens, even thousands of people around the world. We have incredible power at our fingertips.

Yet, as we increasingly look 'out there' for our fulfilment, satisfaction and even our relationships, are we actually giving our power away?

When we are caught up in a web of activity overload, we cannot find our personal truth, or the time to live it. As we strive for the material and the intellectual, perhaps we have lost sight of our inner wisdom.

www.innerpeaceinnerpower.org





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ABOUT THE RETREAT

Perhaps the greatest need of our time is to return occasionally to solitude and silence, away from our continuous activities as human 'doings', to rediscover what it is like to be human 'beings'.

This retreat provides a blend of silence and meditation, stimulating seminars and conversations, walks in nature, entertainment and light exercise – aimed to help relax the body, free the mind and ignite your inner spirit.

The program has been designed to help you explore and experience meditation and further understand the teachings of Raja Yoga with the aim of integrating it into your life.

This retreat is intended for newcomers to Raja Yoga meditation over the age of 18, who have not previously attended an Inner Peace Inner Power Retreat (IPIP) or a similar retreat at Mount Abu. The participant is required to have completed the basic foundation course in Raja Yoga meditation. *(If you have not already completed the Meditation Course, please contact your nearest Raja Yoga Centre.)*

Arrivals are from 11am on Sunday 14th October, and departures are after breakfast on Saturday 20th October 2018.

RETREAT VENUE

The Brahma Kumaris have been hosting international retreats in India for almost thirty years. The 'Academy for a Better World' (also known as 'Gyan Sarovar' – the Lake of Knowledge) is a large, attractive, purpose-built campus set in the spectacular Aravali Mountains of Rajasthan. It has conference facilities, a large auditorium, seminar rooms, dining rooms, shops and a small hospital/dispensary. The accommodation is simple but comfortable in twin or triple rooms, and there are lush gardens and areas for walking and quiet reflection.

RETREAT GUIDES

To assist you on your soul journey, we have brought together teachers from all parts of the world and all backgrounds, all of whom have integrated a spiritual lifestyle into their work and life. You will also hear from life-time yogis who are resident in India, some with over 75 years of experience. They, together with the full-time residents who are there to meet your day to day needs, are all volunteers who serve and share their knowledge and experience freely.

RETREAT FEES

We believe that spiritual knowledge can only be shared and not sold, and therefore all of our lectures, workshops and seminars at this retreat and around the world are always offered free of charge as a service to the community. As our guests, all of your meals are also complimentary. However, costs for running the retreat are inevitably incurred for administration, retreat centre overheads, and accommodation. As a guideline, these are estimated at US\$200 per participant for the week. Your generosity is much appreciated.

All of our centres run on voluntary donations, and funds go directly towards ensuring that others can also benefit from these events in the future.

OTHER COSTS

Please note that transport from your own country to Ahmedabad Airport is at your own cost, and there will be a charge for the taxi which will be arranged to take you from Ahmedabad to the retreat place.

If you would like any further information regarding any costs or contributions, please contact your country co-ordinator.

REGISTERING FOR THE RETREAT

If you are interested in attending the retreat, please fill in the attached APPLICATION FORM and submit to your local Raja Yoga Meditation Centre. We will contact you with further details and information. We suggest you apply early as this retreat is very popular and fills up quickly. Please note that filling in the application form does not automatically guarantee you a place.

FOR MORE INFORMATION

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