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Vivekananda Rock Memorial & Vivekananda Kendra

Spiritual Retreat @ Kanyakumari
Fri, 15/02/2019 - 17:00

16-22 Feb 2019

Vivekananda Kendra, Vivekanandapuram, Kanyakumari-629702

Spiritual Retreat @ Kanyakumari

2 January 2019 / Comments

Submitted by vkendra on 2 January 2019

Start: 15-Feb-2019 17:00

End: 22-Feb-2019 14:00

Timezone: Asia/Calcutta

Medium : English & Hindi

Place : Vivekananda Kendra, Vivekanandapuram, Kanyakumari-629702

Any Physically and Mentally fit person in the age group of 18-65 years. The participant should be able to partake enthusiastically in Camp Schedule : morning 5am to night 10pm.

Participants should report at Shibir office one day before the camp starts i.e. 15th February latest by 5pm and can leave only after 2pm of concluding day i.e. 22th February afternoon. Late reporting and/or leaving before the camp concludes are strictly not allowed.

The Syllabus : Spiritual Retreat

Study and Practice of Yogasanas & Pranayama
Yogic relaxation methods, japa and techniques of meditation
Study of Yoga Darshana
Bhagavad Gita
Indian Culture
Life and message of great men and women of our country

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Chanting of strotras, bhajans and songs for emotional culture.
Visits to Vivekananda Rock Memorial, Kanyakumari Temple

Accommodation: The Camps are fully residential. Simple dormitory accommodation is provided for Ladies and Gents separately.

Food: We provide simple vegetarian food.

For more information and register plz visit <https://www.vrmvk.org/content/spiritual-retreat-kanyakumari>

Source URL: <https://www.vrmvk.org/events/spiritual-retreat-anyakumari-2019>