



# Vivekananda Rock Memorial & Vivekananda Kendra

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## yoga-retreat-at-kallubalu-2019

Residential Yoga Retreat was conducted at VKV, Kallubalu. About 15 participants took part in the retreat, including teachers of the school. The retreat started on 25th Jan by 5PM with bhajans and introduction followed by games which was enjoyed

by all participants.

On 26th Jan, the participants were taken down memory lane as they involved in the Republic Day celebrations with the school children. Lt Col Selvi hoisted the flag. She received march past salute from the school band after singing of National

Anthem. Post the celebrations, participants got to interact with Lt Col Selvi who emphasized the need for "Patriotism in Daily Life" and how we can express it by following right practices everyday. The afternoon session on "What is Yoga" was enlightening. Lalita didi explained the concepts of Yoga through many stories. The day also included agnihotra, prathasmaran, asana & pranayama practice, bhajans, kridayoga, prerana se punaruththan.

On 27th morning, participants were invited to be part of Samskara Varga at Krishna Doddi, a village close to Kallubalu. They enjoyed being with children reminiscing their own childhood days. The participants got to distribute prizes to the winners of the games and were happy to give their blessings to children. The children enjoyed the breakfast after the games. The outing to Krishna Doddi was followed by session with Lalita didi on "Raja Yoga". The participants got clarity on many doubts they had about Raja Yoga.

The day also included agnihotra, prathasmaran, asana & pranayama practice. The planning for future retreats to be conducted was discussed.

The retreat was concluded by interaction with renowned ISRO scientist Sri T G Krishna Murthy. Himself being an ardent follower of Swami Vivekananda, he inspired all of us through his personal experience and instilling in us to adopt Shradda, Confidence and Compassion. His speech also motivated the participants to contribute to the society and nation.

The participants gave their feedback and encouraged us to have regular retreats which will benefit everyone, especially residents of Bengaluru.

Yoga  
Yoga  
State  
Karnataka

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