

SADGURU ATMA MALIK MAULI
INVITES
to the unique association of the Body, Mind and Soul

MEDITATION CAMP IN INDIA
FROM 19 JANUARY TO 5 FEBRUARY 2019

*Life is the mystery – the mystery of beauty, happiness and divinity.
Meditation is the art of discovering that mystery.*

daily agenda

time	program	place
06:30 - 07:00	morning walk (optional)	Ashram
07:00 - 08:00	Bhajan and morning Aarti	Atma Malik Temple
08:30 - 09:30	meditation	Kutir
10:00 - 11:00	meditation	Kutir
11:00 - 12:00	lunch	Jagdish Canteen
12:00 - 13:00	Bhajan and Aarti	Atma Malik Temple
13:00 - 15:30	relax	
15:30 - 16:30	yoga	Yoga Hall
17:00 - 18:00	meditation	Kutir
18:00 - 18:45	tea and group discussion	Saint Kutir
19:00 - 20:00	Bhajan and evening Aarti	Atma Malik Temple
21:00 - 22:00	meditation	Kutir
23:00 - 00:00	meditation and Shejaarti	Kutir

After the Meditation Camp Sadguru invites to 4-5 days' long trip to Malaysia which will be possible when the group of minimum 20 participants is created. The details will be provided in the Ashram after Anushthan.

study task for Meditation Camp

to experience the existence of the Soul by following Anushthan (Fasting Process)
according to the recommendations of Sadguru

information on fast

The diversity and the amount of consumed food affect the mind and thoughts. Therefore Sadguru recommends to His students to eat only sattva food. The information on the meaning of fast may be found [here](#). To those who want to attend Anushthan during the Meditation Camp Sadguru recommends:

dates	period	meals
11.12.2018-19.01.2019	40 days	once a day: dal and rice <u>OR</u> fruit only (tea/coffee)
20.01.2019-26.01.2019	7 days	<u>water only</u> (obligatory <u>mouna</u> -silence)

Regular, constant meditation is needed during the fasting process.
Anushthan ceremony will be held on 27.01.2019.

The participants are kindly requested to respect the following rules:

1. Active participation in the entire program of the Meditation Camp
2. Wearing only white clothes (no shorts, short-cut dresses, tight jeans, transparent clothes, sleeveless clothes, low neckline clothes). The preferred outfit is the Indian style Punjabi or Kurtapajama (long, loose shirts with long sleeves, long trousers)
3. Eating only vegetarian food
4. We do not drink any alcohol, we do not smoke any cigarettes, we do not use any drugs.

information on registration and accommodation

1. place of the Meditation Camp

Atma Malik Dhyanteeth Vishwatmak Jangli Maharaj Ashram Trust, Kokamthan
Shirdi-Kopargaon Road, Tal. Kopargaon, District Ahmednagar (Maharashtra) - 423601, India
tel. +91 9325256795 atmamalikhdyanteeth@gmail.com

2. dates of the Meditation Camp

19 January 2019 – 5 February 2019

3. registration of a participant

- time for the registration: **by 15.12.2018**
- registration is effected upon sending by the above date of the scanned, completed and signed application form (available [here](#)) by email to two addresses:
TO: atmamalikhdyanteeth@gmail.com
CC: obozindie2019@atmapolska.pl

4. accommodation

- multi-person ascetic rooms within the Ashram
- please put possible requests, if any, regarding the persons to share the room, in the email with the registration form. Those requests will be fulfilled as far as possible

5. cost of the participation in the Meditation Camp

- all the costs are covered by the participants
- electronic visa (60 days' stay): 83 USD
- insurance coverage on accidents/medical costs/luggage: 85 -125 PLN
- **approximate** costs paid in cash upon arrival:
transport to the Ashram: 500 INR /person – by bus (minimum) or 4 500 INR - taxi
accommodation and food in the Ashram: 300 INR/day/ person (minimum)

6. assistance in the air ticket purchase and visa procedure

- assistance in the purchase of the tickets as well as in the visa procedure and insurance may be provided by the travel office Happy Holiday Travel Duo Sp. z o.o. – contact:
Małgorzata Kaszuba, phone + 48 510 196 848
email: malgorzata.kaszuba@happyholidaytravel.pl
- proposal of the common flight (the tickets to be purchased by Happy Holiday Travel – contact as above):
departure 18.01.2019 Warsaw via Paris
arrival 19.01.2019 Mumbai
airlines Air France/Jet Airways

contact

Małgorzata Uszyńska

email: obozindie2019@atmapolska.pl

phone + 48 607 467 515 (please text SMS in case the phone is not answered)