



*It's Time to Make your Reservations  
for the*

## **Spiritual Study Retreat** with **Swami Bodhananda Saraswati**

*~ Two Weekends ~*

*June 27-29 and July 4-6*

*Mon – Thurs, June 30<sup>th</sup> - July 3<sup>rd</sup>*

at the

**Sambodh Center for Human  
Excellence**

**6363 N. 24<sup>th</sup> Street,  
Kalamazoo, MI 49004**

we will study the complete

### *Patanjali's Yoga Sutras*

**Overview:** Yoga is the fastest growing spiritual practice in the world and the most ancient wisdom teaching from India. Its message is universal. Its benefits cut across religious traditions and accord with latest scientific and medical research findings. But sadly, the total reward of yoga practice doesn't reach the practitioners and the teachers of yoga because either they are not aware of the psychic and spiritual dimensions of yoga, or they refuse to focus beyond the body and its needs.

Yoga is a total spiritual practice. The focus of Yoga incorporates the physical, psychic as well as the spiritual domains. Its benefits go beyond personal and social well-being to include the harmony and balance of the entire living ecosystem. The yoga practice is based on the philosophy and science of yoga as discovered by a series of yoga masters and expounded comprehensively by Maharshi Patanjali in the 'Yoga Sutras'.

The *Yoga Sutras* expound the wisdom of the sages accumulated through countless ages. These sayings, in the form of formulas, were taught by Patanjali in the third century BC and, since then, have been the foundational text book of Yoga teaching. The text is comprised of four chapters and a total of 195 *sutras*. The chapters are: *Samadhi Pada* (the goal); *Sadhana Pada* (the means); *Vibhuti Pada* (the psychic benefits); and *Kaivalya Pada* (the experience of Oneness).

Patanjali takes the problem of human suffering head on and offers a clear solution: detach, watch, and know the Self. The Self is the nature of eternal Bliss. To realize this state of wisdom and bliss through detachment, Patanjali advocates many protocols and practices of 1) *Ashtanga Yoga* 2) *Kriya Yoga* 3) *Vichara Yoga* 4) *Japa Yoga* and 5) *Ishvara Pranidhana Yoga*. Patanjali analyses in exhaustive detail the nature of mind, its many levels, its modifications, limitations, functions and disjunctions as well as the various measures to bring the mind to a state of balance and focus. The ultimate objective of Yoga is identified as *Samadhi*, or *Kaivalya*, or *Purusha Khyati*, all meaning the "Insight and Wisdom of Oneness."

**Weekday and Friday Evenings: 7:30 a.m. – 9:30 p.m.**

**Saturdays & Sundays: 9:00 a.m. – 7:00 p.m.**

**Registration: See <http://www.sambodh.com/ys-registration08.pdf>**

**or Phone: (269) 492-0544 or (269) 327-3774**

Weekends: Suggested Donation \$150 each (\$300 Total) - Weekday Evenings \$Free

**Sessions include:** Meditation; Discourses by Swami Bodhananda; Music and Chanting; Seva; Walking Meditation; Q&A; Vegetarian Cuisine, along with Spiritual Fellowship.

Lunch and Breakfast are provided on both Saturday and Sunday.

**All donations to The Sambodh Society, Inc. and SCHE are tax deductible.**

**Swami Bodhananda** is a master of Vedanta. His spiritual wisdom, insights, superb teaching, and ability to translate Eastern philosophy for the Western mind, create a memorable and spiritually elevating retreat. Swamiji is the spiritual director and founder of the The Sambodh Society, Inc. Swamiji's first ashram in America - the Sambodh Center for Human Excellence (SCHE) – celebrated its first anniversary on June 7, 2008 and is located in Kalamazoo, Michigan. The Sambodh Society was formed in 1997 for the purpose of teaching of Vedanta and Meditation and is a 501 (c) (3) non-profit religious organization.

Website: [www.sambodh.com](http://www.sambodh.com)