



Arsha Vidya Gurukulam

2026 Two Weeks Vedanta Retreat

Begins on Wednesday 09, September 7:30pm
Concludes on Tuesday 22, September 12:30pm

Topic 1: Aparokṣānubhūti– 3 (Swami Tattvavidananda Saraswatiji)

Topic 2: sādhana-Catuṣṭaya– Viveka Chudamani (Swami Muktatmananda Saraswatiji)

Arsha Vidya Gurukulam
651, Route 115 Saylorsburg, PA-18353

www.arshavidya.org

admin@arshavidyagurukulam.org

Contact: 570- 992 - 2339

Classes/Satsang Schedule

Venue: Swami Dayananda Vijñāna Bhavana

Wednesday, Sept 9

7:30-8:30 pm - Orientation and Introductory Satsang by Swami Tattvavidananda Saraswati

Sept 10-13, 15-16, 18-19, 21 (Half Day off on Thursday 17, No class/satsang after lunch)

7:00 – 8:15 am: Guided Meditation and *Aparokṣānubhūti Class* by Swami Tattvavidananda Saraswati

10:30 – 11:30 am: *Sādhana-Catuṣṭaya class* by Swami Muktatmananda Saraswati

4:30 - 5:30 pm: *Aparokṣānubhūti Class* by Swami Tattvavidananda Saraswati

7:30 - 8:30 pm: Satsang (Q&A) with Swami Tattvavidananda Saraswati

(Note: On Monday 14th, Evening Class will be on *Sādhana-Catuṣṭaya*)

Sunday, Sept 20 – AVG 3rd Weekend Gita Class

7:00 - 7:25 am: Guided Meditation by Swami Tattvavidananda Saraswati

10:00 - 11:00am: *Bhagavad Gita* Chapter 12 Class by Swami Tattvavidananda Saraswati

11:15-12:15pm *Sādhana-Catuṣṭaya class* by Swami Muktatmananda Saraswati

4:30 - 5:30 pm: *Aparokṣānubhūti Class* by Swami Tattvavidananda Saraswati

Tuesday, Sept 22 – Retreat Concluding Day

7:00 - 7:25 am: Guided Meditation by Swami Tattvavidananda Saraswati

9:30 - 10:30am: *Sādhana-Catuṣṭaya class* by Swami Muktatmananda Saraswati

11:15-12:15pm *Aparokṣānubhūti Class* by Swami Tattvavidananda Saraswati followed by **Guru Daksina**

Temple Schedule:

Daily Morning Ganapati Homa	5:15 am
Daily Morning Abhishekam to Lord Dakṣinamurti and Ganesa	5:40 am
Daily Afternoon Aarti to Lord Dakṣinamurti	12:15 pm
Daily Evening Aarti to Lord Dakṣinamurti	6:00 pm

Dining Hall Schedule:

Morning Tea/Coffee/Warm Water (Next to Temple)	5:15 am
Breakfast	7:30 – 9:00 am
Lunch	12:30 – 2:00 pm
Tea/Coffee/Warm Water	3:30 – 4:45 pm
Dinner	6:30 – 7:45 pm

Dining Hall closed for Campers between 2:00 – 3:30 pm and 9:00 pm – 6:30 am