



Arsha Vidya Gurukulam

Institute for the study of Vedanta, Sanskrit, Meditation, and Yoga

Year 2026 Programs



40th Anniversary

Est. 1986

न हि ज्ञानेन सदृशं पवित्रमिह विद्यते ।


na hi jñānena sadṛśaṁ pavitram iha vidyate ।

"There is nothing equal to self-knowledge."

Bhagavadgītā 4.38


ARSHA VIDYA
GURUKULAM

Message from Swami Tattvavidananda Ji



“Upanishads unite people. Their message is of unity in every aspect of social and familial life. Division and segregation are anathema to the vision of the Upanishadic seers.”

- Jan 1 (Thu)** New Year's Day Celebrations – *Mahārudrābhīṣekam*
- Jan 1-4 (Thu-Sun)** Meditation Retreat
Swami Sachidananda – *Nirvāṇa Ṣaṭkam*
- Feb 13-16 (Fri-Mon)** Presidents Day Family Course (Online Only)
Swamini Svratmavidyananda – *Kāśī-Pañcakam*
- Feb 15 (Sun)** *Mahāśivarātri* Celebration
- April 3-5 (Fri-Sun)** Easter Weekend Family Vedanta Course
Swami Muktatmananda – Silence in spite of Thoughts
- April 7-22 (Tue-Wed)** Two-Week Vedanta Course
Swami Muktatmananda – Katha Upaniṣad with bhāṣyam (Chapter 2)
- April 24-May 1 (Fri-Fri)** 10-Day Vedanta Course
Swamini Svratmavidyananda – *Tat Tvam Asi*
- May 3-9 (Sun- Sat)** One-Week Vedanta Camp
Sri Vijay Kapoor – *Dṛg-Dr̥śya-Viveka*
- May 12-17 (Tue-Sun)** One-Week Spring Vedanta Camp
Swamini Paraprajananda – *Māṇḍūkya Upaniṣad*
- May 22-25 (Fri-Mon)** Memorial Day Family Vedanta Course
Swami Tattvavidananda – *Nirvana Shatkam - I*
Swamini Paraprajananda – *Manuṣhyatvam, Mumukshutvam, and Mahapurushamsamayam is a rare blessing*
- May 28-31 (Thu-Sun)** AVG Next Gen
Swami Sachidananda - *Building Emotional Resilience & Inner Freedom (Perspectives from Vedānta)*
- June 2-23 (Tue-Tue)** Three-Week Vedanta Course
Swami Tattvavidananda – *Īśāvāsyā Upaniṣad and Gītā-sāra by Ramana Maharishi*
- June 11-14 (Thu-Sun)** Midwest Vedanta Retreat
Swami Sachidananda - *Atmabodha*
- June 25-28 (Thu-Sun)** AVBG Retreat
Swami Sachidananda – *Hinduism and the Bhagavad Gītā: A Guide for Parents in the U.S.*
- July 2-5 (Thu-Sun)** Independence Day Weekend Vedanta Course
Swami Tattvavidananda – *Nirvāṇa Ṣaṭkam - 2* & Swamini Paraprajananda – *From Karma to Karma Yoga is a paradigm shift*
- July 7-21 (Tue-Tue)** Two-Week Bhāṣyam Course for Adults
Swami Sakshatkrtananda – *Muṇḍaka Upaniṣad with Bhāṣyam* & Swami Muktatmananda – *Kena Upaniṣad with bhāṣyam*
- July 25-31 (Sat-Fri)** Family Vedanta Course 1
Swami Sakshatkrtananda – *Journey of Jīva (Jīva-Yātrā)* & Swami Muktatmananda – *Vedānta-sāra (Topics 15-30)*
- August 1-7 (Sat-Fri)** Family Vedanta Course 2
Swami Sakshatkrtananda – *Tattva Viveka (An enquiry into the Truth of life - Ist Chapter of Pañcadaśī by Swami Vidyaranya)* & Swami Muktatmananda – *Vedanta Sara (Topic 31 – 45)*
- August 8-14 (Sat-Fri)** Family Vedanta Course 3
Swami Sakshatkrtananda – *Is Veda/Vedānta Scientific?* & Swami Muktatmananda – *Vedānta-sāra (Topics 46-60)*
- August 15 (Sat)** Pujya Swamiji's Jayantī Day
- Aug. 16 (Sun)** Gurukulam's 40th Anniversary
Anniversary address by Swami Tattvavidananda – *Topic - The Basic Teachings of the Upaniṣads*
- Aug 20-23 (Thu-Sun)** Meditation Camp
Swami Sachidananda - *Brahmajñānāvalī Mālā*
- Aug 27-30 (Thu-Sun)** Patrons' Complimentary Course 1
Swami Tattvavidananda – *Dṛg-Dr̥śya-Viveka* & Swami Sachidananda – *Aṣṭāvakra Gītā Chapter 8*
- Sep 04-07 (Fri- Mon)** Patrons' Complimentary Course 2 (Labor Day)
Swami Tattvavidananda – *Dṛg-Dr̥śya-Viveka* & Swami Muktatmananda – *The Self-evident nature of "I"*
- Sept 9-22 (Wed - Tue)** Two-week Vedanta Course for Adults
Swami Tattvavidananda – *Aparokṣānubhūti and Viṣṇu-sahasra-nāma*
- Sept 23 (Wed)** Pujya Swamiji's 11th āradhana & Swami Pratyagbodhananda's 6th āradhana
- Nov 26-29 (Thu-Sun)** Thanksgiving Family Vedanta Camp
Swami Muktatmananda – *Hinduism and Family Life* & Swami Sachidananda – *Prātaḥsmaraṇastotram - Three Verses on Reality*
- Dec 24-31 (Thu-Thu)** Year End Family Vedanta Course
Swami Muktatmananda – *Kāthopanishad Mantras (1-3-3 to 9)* & Swami Sachidananda – *Upadeśa Sāram of Ramana Maharshi*
- January 1 (Fri), 2027** New Year's Day Celebrations – *Mahārudrābhīṣekam*



Visionary Founder of the Gurukulam Pujya Swami Dayananda Saraswati

Within the ancient lineage of traditional Vedanta teachers, Pujya Sri Swamiji is acclaimed as a leading figure who had unsurpassable scholarship and clarity of expression. Swamiji unfolded the message of the Upanishads for over fifty years, during which time he established the global family of Arsha Vidya institutions with the single vision of imparting the perennial Vedic wisdom, respect for humanity and cultures, and commitment to the upliftment of society. The major Arsha Vidya centers in India are in Rishikesh, Coimbatore, and Nagpur, and in the USA in Saylorburg.

Swami Veditatmananda Saraswati – President

Swami Veditatmananda is the president of Arsha Vidya Pitham and head ācārya of the Gurukulam. As a learned disciple of Pujya Swamiji, he expounds Vedanta with a simplicity and directness that makes it easy to assimilate. Having lived and worked in the USA prior to becoming a renunciate, he is familiar with the lifestyles in India and the West. With his insights into both cultures, he can relate to Indians and Westerners with equal ease.



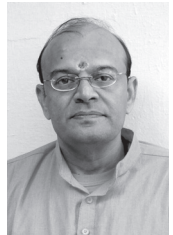
Swami Tattvavidananda Saraswati – Vice President

As a committed disciple of Pujya Swamiji, Swami Tattvavidananda has translated the Bhagavad Gītā Home Study Course into Telegu and has written a number of books in English and Telegu. Very natural in his scholarship, he is from a family of Vedic pandits and holds PhDs in both Chemistry and Sanskrit. Swamiji's deep immersion in the Vedic tradition is reflected in the profundity and breadth of his

classes, delivered with the modesty that only a true scholar can command.

Swami Muktatmananda Saraswati

Swami Muktatmananda is a disciple of Pujya Swami Dayananda and Swami Veditatmananda, having undergone a three-year residential teacher training Vedanta course in India under Pujya Swamiji's guidance. In addition to participating in courses at AVG, Swamiji also teaches ongoing Zoom classes on the Bhagavad Gita and other texts, and engages in community outreach. Swamiji wears his depth of scholarship with great lightness, delivering the teachings with clarity and ease.



Swami Sachidananda



Swami Sachidananda Saraswati, a disciple of Pujya Swamiji, is a dynamic teacher of Vedānta whose clarity, warmth, and simple presentation make the timeless vision of the Upanishads accessible to modern seekers. His engagement in comparative religion at Harvard Divinity School brings a broad and contemporary perspective to his teachings. He continues to serve seekers through retreats, classes, and outreach programs all across the US with enthusiasm and compassion. To connect with Swamiji visit www.swamisachidananda.com

Swami Sakshatkrtananda Saraswati

Swami Sakshatkrtananda Saraswati ji is a senior disciple of Pujya Sri Swami Dayananda Saraswati. He is the chairman and managing trustee of Sri Gangadharesvar Trust, which manages Swami Dayananda Ashram in Rishikesh. Swamiji was the Resident Ācārya of the ashram between 1993-2003 and has been the Chief Ācārya of the ashram since January 2002.



Swamini Svatmavidyananda Saraswati

Swamini Svatmavidyanandaji is a longtime disciple of Pujya Sri Swami Dayananda Saraswati, and is the acharya of Arsha Vijnana Gurukulam, an ashram based in Atlanta, GA and Eugene, OR. She has been active in the interfaith movement, leading and featuring in prominent international dialogues on religious diversity, harmony, peace and mutual respect among various religious traditions.

Swamini Paraprajnananda Saraswati

Swamini Paraprajnananda Saraswatiji has been associated with Pujya Swami Veditatmanandaji since 1981, and has been his disciple for 38 years. Swaminiji has been teaching Upaniṣads, Bhagavad Gītā and miscellaneous Vedānta texts for the past 25 years. A gifted teacher commanding simple, lucid and yet profound style of teaching, Swaminiji is always approachable to seekers.



Swami Veditatmananda's Classes in Ahmedabad

Discourses in Gujarati
Śrīmad Bhagavad Gītā with Śāṅkara-Bhāṣya

Monday, Wednesday, Thursday & Saturday Evening 7:00 to 8:00 PM IST

Website: www.tattvatirtha.org

YouTube: www.youtube.com/@2010arsha

Swami Tattvavidananda's classes in India

Secunderabad, Telangana

Tuesday 11:00am - Viveka-cūḍāmaṇi in
Brahma Vidya Kuteer, Old Alwal.

Friday - Viṣṇu-sahasra-nāma

Saturday - Aṣṭāvakra Gītā

Sunday - Gītā Sāra in Sivananda Ashram, Pad-
marao nagar.

YouTube: www.youtube.com/@swamitv-telugu

Kakinada

Two week camp in Ramakrishna Mission
Ātmabodha at 7:00am & Vidura niti at 6:00pm
during 1-14 Feb, 2026.

*Future Schedules will be shared as and when the classes are
announced.*

ALL CLASSES ARE CONDUCTED IN TELUGU.

January 1 – 4 (Thur-Sun) Meditation Retreat

Swami Sachidananda

Nirvāṇa Śaṭkam

This famous set of verses attributed to Śrī Ādi Śaṅkarācārya serves as a wonderful basis for contemplation of the vision unfolded by the *śāstra*. Swamiji will explain each verse and lead guided meditations on related topics.

February 13 – 16 (Fri-Mon) Presidents' Day Course (online only)

Swamini Svatmavidyananda

Kāśī-Pañcakam

People flock to Vārāṇasī, which is also called Kāśī, in great numbers thinking that visiting Kāśī will give them *mokṣa*. In this beautiful quintet of verses, the author talks about inner growth and emotional maturity while playing on the word *kāśī*, which means “the shining one,” and says that the real *kāśī* is the truth of the self-shining *ātma*, obtaining in one’s own heart

April 3 – 5 (Fri- Sun) Easter Weekend Family Vedanta Course

Swami Muktatmananda

Silence in spite of Thoughts

The normal process of thinking is a chain of many and varied thoughts. We get carried away on the thoughts and find ourselves caught in a superficial, reactive, and mechanical form of thinking. Our scriptures discuss a way in which you can have many thoughts but, at the same time, discover the silence between the thoughts.

In this retreat, Swamiji will lead sessions

that combine meditation, teaching, and practice time to enable attendees to develop the knack of being with yourself, the silence in spite of thoughts.

April 7 – 22 (Tue-Wed) Two-Week Vedanta Course

Swami Muktatmananda

Kaṭha Upaniṣad with bhāṣyam (Chapter 2)

Kaṭha Upaniṣad, one of the ten most well-known *upaniṣads*, opens with a dialogue between Naciketās, a young boy, and Lord Yama, the Lord of Death. This sets the stage for a deep and wide-ranging exploration of the limitations of our worldly pursuits and the means of gaining freedom. Swamiji will continue his unfolding of this famous *upaniṣad*, which began last year.

April 24 – May 1 (Fri-Fri) 10-Day Vedanta Course

Swamini Svatmavidyananda

Tat Tvam Asi

This retreat will be a study of the famous *mahāvākya* “*tat tvam asi*” as we will delve into the ingenious methodologies deployed by teacher Uddālaka to his son-turned-student Śvetaketu to communicate the oneness between *jīva* and *īśvara*.

May 3 – 9 (Sun- Sat) One-week Vedanta Camp

Sri Vijay Kapoor

Dṛg-Dṛśya-Viveka

The famous text of Dṛg-Dṛśya-Viveka is an inquiry into the truth of the seer, *dṛk*, and the seen, *dṛśya*. Because of identification with the body and mind, the infinite self appears to assume their limitations and get caught in the web of *saṁsāra*. The only way out is through *viveka*, the ability to clearly discern

between the changing and the unchanging. Sri Vijay Kapoor will unfold the means for achieving this *viveka* and thereby gaining freedom.

May 12 – 17 (Tue-Sun) One-week Spring Vedanta Camp

Swamini Paraprajnananda

Māṇḍūkya Upaniṣad

This *upaniṣad*, the shortest of the ten major *upaniṣads*, unfolds the nature of *ātmā* as the truth of the individual and its identity with *Brahman*, the ultimate reality through an analysis of the three states of consciousness – waking, dreaming, and deep sleep – and their underlying reality, known as *turiya*. The sacred syllable *Om* represents these four, thus serving as a bridge to realize the non-dual, pure consciousness that is the self.

May 22 – 25 (Fri-Mon) Memorial Day Family Vedanta Course

Swami Tattvavidananda

Nirvāṇa Ṣaṭkam - 1

In this famous set of verses attributed to Śrī Ādi Śaṅkarācārya, the author decidedly negates any and all characteristics and roles falsely attributed to the self, declaring at the end of each verse: *cidānandarupaḥ śivo 'ham śivo 'ham* — “I am that conscious being, complete, existence itself!” Swamiji will unfold each verse in all its glory.

Swamini Paraprajnananda

Vivekacūḍāmaṇi, verse 3

This verse in the famous text by Śrī Ādi Śaṅkarācārya speaks of three rare blessings: *manuṣyatva*, a human birth, *mumukṣutva*,

clarity regarding need to seek freedom from *samsāra*, and *mahāpuruṣasamśraya*, finding a qualified teacher to learn self-knowledge, the key to this freedom. Swaminiji will discuss how these three blessings play out in the life of a seeker.

May 28 – 31 (Thu – Sun) AVG Next Gen Meet

Swami Sachidananda

*Building Emotional Resilience & Inner
Freedom (Perspectives from Vedānta)*

A retreat curated for young professionals and young adults. Swamiji will teach how to handle the mind without resistance by resting as awareness itself. The event will include lectures, guided reflection, gentle meditation, Q&A, and bhajans, with a focus on helping gain insights from Vedānta that you can carry with you to meet life as it unfolds.

June 2 – 23 (Tue-Tue) Three-Week Vedanta Course

Swami Tattvavidananda

*Īśāvāsya Upaniṣad and Gītā-sāra by
Ramana Maharishi*

Īśāvāsya Upaniṣad has the special significance of being the only one in the *samhitā* portion of the *Śukla Yajur Veda*. It is a focused, complete unfoldment of the nature of the self and one’s identity with *Īśvara*, resulting in the vision of oneness in which there is no delusion, no sorrow.

Gītā Sāra

This text is a collection of 42 verses from the Bhagavad Gītā selected by Bhagavān Śrī Ramana Maharshi to portray the *sāra*, essence, of the entire 700 verses taught by Śrī Kṛṣṇa to Arjuna.

June 25 – 28 (Thu-Sun) Arsha Vidya Bala Gurukulam Annual Family Meet

Swami Sachidananda

*Hinduism and the Bhagavad Gītā:
A Guide for Parents in the U.S*

This retreat is for the young students of Arsha Vidya Bala Gurukulam and their parents. Parents will receive a clear introduction to the Bhagavad Gītā and take home practical tools to imbibe values in themselves and in their children.

July 2 – 5 (Thu-Sun) Independence Day Weekend Vedanta Course

Swami Tattvavidananda

Nīrvāṇa Śaṭkam - 2

In this famous set of verses attributed to Śrī Ādi Śaṅkarācārya, the author decidedly negates any and all characteristics and roles falsely attributed to the self, declaring at the end of each verse: *cidānandarupaḥ śivo 'ham śivo 'ham* – “I am that conscious being, complete, existence itself!” Swamiji will unfold each verse in all its glory. This course is a continuation of the Memorial Day course.

Swamini Paraprajnananda

*From Karma to Karma Yoga is a
paradigm shift*

In life, we have no choice but to perform action. The Veda prescribes *karma* as a means for fulfilling certain human pursuits. To reach the ultimate goal, however, *karma* must be transformed into *karma-yoga*, a

way of life that promotes a mind which is objective with regard to life’s priorities, able to discern between what is transient and what is unchanging, and sufficiently subtle to assimilate the truth of the self as propounded by the scriptures.

July 7 – 21 (Tue-Tue) Two-Week Bhāṣyam Course for Adults

Swami Sakshatkrtananda

Muṇḍaka Upaniṣad with bhāṣyam

This *upaniṣad* occupies an important place in the teaching tradition because it covers all the important topics, besides the main topic which every *upaniṣad* reveals. At the beginning, Sage Aṅgiras is asked by Śaunaka, “What is that one thing, knowing which everything gets known?” The sage replies that there are two types of knowledge to be gained: *parā-vidyā* and *aparā-vidyā* – knowledge of the absolute truth, i.e., Brahman, and knowledge of the world. Both the finite and apparent nature of the world must be known to develop dispassion for the world and pursue the absolute truth. Swamiji will unfold the glories of the *upaniṣad* with the masterful *bhāṣyam* of Śrī Ādi Śaṅkarācārya.

Swami Muktatmananda

Kena Upaniṣad with bhāṣyam

Like all *upaniṣads*, *Kena Upaniṣad* is in the form of a dialog between teacher and student, and begins with a question: *kena iṣitaṃ patati preṣitaṃ manaḥ?* “Willed by whom or in whose presence does the mind land upon its objects?” There follows an exploration of the witnessing consciousness behind the mind, as the “eye of the eye” and the “ear of the ear.” Swamiji will continue his unfolding of this *upaniṣad*, which began last year.

July 25 – 31 (Sat-Fri) Family Vedanta Course 1

Swami Sakshatkrtananda

Journey of Jīva (Jīva-Yātrā)

The *śāstra* compares the life of the individual to a *yātrā*, pilgrimage. In a worldly *yātrā*, one travels from one's home to reach the goal of a holy site for purposes of worship. In the vision of the Vedānta, this pilgrimage starts from the *jīva*, one's self-perception as a limited wanting person, and ends in *Brahman*, the reality of oneself as the unlimited source of being. The text *Jīva-Yātrā* is a set of nine verses composed by a saint of Sringeri Math, Swami Jnanananda Bharati. He has composed it based on the chariot imagery found in Kāṭha Upaniṣad.

Swami Muktatmananda

Vedānta-Sāra, topics 15 – 30

The text known as *Vedānta-sāra*, authored by Śrī Sadānanda Yogīndra Sarasvatī, is a very popular *prakaraṇa-grantha*, introductory text, of Vedānta. In its six chapters, it covers all the main aspects of the teaching, including the qualifications of a student, the nature of superimposition and its removal, the views of competing schools of thought, the steps to self-realization, and the characteristics of *jīvan-mukti*, liberation while living. This is a continuation of previous courses on this text.

August 1 – 7 (Sat-Fri) Family Vedanta Course 2

Swami Sakshatkrtananda

Pañcadaśī Chapter 1 - Tattva Viveka

Pañcadaśī is a great text written by Swami Vidyaranya, one of the greatest *ācāryas* of the Vedānta tradition and one of the Pontiffs

of Sringeri Math (1377-1386 AD). It has 15 chapters, and the first chapter is an enquiry into *tattva*, the truth of life. This masterful text provides an unparalleled analysis of the nature of the self as pure consciousness, the nature of ignorance and its effects, the underlying logic of the *śruti*, and the stages in assimilating self-knowledge

Swami Muktatmananda

Vedānta-sāra, topics 31 – 45

The text known as *Vedānta-sāra*, authored by Śrī Sadānanda Yogīndra Sarasvatī, is a very popular *prakaraṇa-grantha*, introductory text, of Vedānta. In its six chapters, it covers all the main aspects of the teaching, including the qualifications of a student, the nature of superimposition and its removal, the views of competing schools of thought, the steps to self-realization, and the characteristics of *jīvan-mukti*, liberation while living. This is a continuation of the previous course on this text.

August 8 – 14 (Sat-Fri) Family Vedanta Course 3

Swami Sakshatkrtananda

Is Veda/Vedānta Scientific?

Science relies solely on perception and inference to reach its conclusions. Vedānta, however, constitutes a *pramāṇa*, an independent means for knowledge, that allows us to know that which is not accessible by perception and inference. Vedānta does not contradict science; rather it has a different scope. As such, Vedānta is ultimately beyond reason, but does not contradict it. In this course, Swamiji will unfold the glory of Vedānta as a *pramāṇa* for direct and immediate knowledge.

Swami Muktatmananda

Vedānta-sāra, topics 46 – 60

This will be a continuation of the topic from Family Vedanta Course 2. Please see description above.

August 15 (Sat)

Pujya Swamiji's Jayantī Day

August 17 (Sun)

Gurukulam's 40th Anniversary

Swami Tattvaidananda

Topic: The Basic Teachings of the Upaniṣads

August 20 – 23 (Thu-Sun)

Meditation Course

Swami Sachidananda

Brahmajñānāvalimālā

A meditation retreat centered on silence and reflection. This immersive retreat will help you pause, introspect, course-correct, and absorb the teaching. We will take support from Brahmajñānāvalimālā, a short and powerful set of verses on Self-knowledge. The retreat will be simple and warm, with lectures, multiple guided meditations, chanting, quiet reflection, and time for questions in a supportive satsang atmosphere. Participants will be encouraged to take a vow of silence during the retreat.

Aug 27 – 30 (Thu-Sun)

Patrons Complimentary Course 1

Swami Tattvaidananda

Dṛg-Dṛśya-Viveka

The famous text of Dṛg-Dṛśya-Viveka is an inquiry into the truth of the seer, *drk*, and the

seen, *drśya*. Because of identification with the body and mind, the infinite self appears to assume their limitations and get caught in the web of *saṃsāra*. The only way out is through *viveka*, the ability to clearly discern between the changing and the unchanging. Swamiji will unfold the means for achieving this *viveka* and thereby gaining freedom. This is a continuation from last year's course

Swami Sachidananda

Aṣṭāvakra Gītā Chapter 8

Aṣṭāvakra Gītā is a radical, liberating text that points directly to the Self. The teaching repeatedly turns you from effortful striving to effortless abidance as the *sākṣī*, witness.

September 4 – 7 (Fri-Mon)

Patrons' Complimentary Course 2 (Labor Day)

Swami Tattvaidananda

Dṛg-Dṛśya-Viveka

See description under Patrons' Complimentary Course 1

Swami Muktatmananda

The Self-evident nature of "I"

The sun doesn't illumine "I", neither the moon and stars, even lightning does not light up this "I", what to speak of this earthly fire? Verily, the whole world is illumined with the light of "I". "I" is self-shining and self-evident. I shine on my own accord. The thoughts come and go, but I remain shining. I survive time and space. Everything shines after "I." In this course, Swamiji will show how the discovery of the true nature of the self-evident "I" brings unsurpassed peace.

September 9 – 22 (Wed-Tue) Two-Week Vedanta Course for Adults

Swami Tattvaidananda

Aparokṣānubhūti

Aparokṣānubhūti is a *prakaraṇa-grantha*, a treatise of Vedanta, the study of which prepares the aspirant for more advanced texts. But this text is complete in itself inasmuch as it deals with all aspects of Vedanta, beginning from the *adhikārī*, one who is a fit student, to the *jīvan-mukta*, one who is liberated while living. This course is a continuation of last year's sessions.

Viṣṇu-sahasra-nāma: Epitome of Vedanta

The *nāmas* in the *Viṣṇu-sahasra-nāma* reveal the manifest form of *Viṣṇu* as an *avatāra*, *Viṣṇu* as the cause of the world and as the world, and the essential nature of *Viṣṇu*, which is the truth of oneself. The first two are for worship, the third is for understanding. This course is a continuation of last year's sessions.

September 23 (Wed) Pujya Swamiji's 11th ārādhana

Swami Pratyagbodhanandaji's 6th ārādhana

November 26 – 29 (Thu-Sun) Thanksgiving Family Vedanta Course

Swami Muktatmananda

Hinduism and Family Life

The Vedas, which are the basic texts of Hinduism, give great importance to family life. According to the Vedic vision, the Vedic family is designed in such a way that it can fulfill all human aspirations. While family life will help in the fulfillment of all

goals, it will transform a human being also, so that he or she can attain the highest goal of *mokṣa*, freedom.

Swami Sachidananda

Prātaḥsmaṇastotram - Three Verses on Reality

Prātaḥsmaṇastotram is a short, beautiful set of three verses meant to be remembered at the start of the day. They gently turn the mind toward what is truly real—the Self, which is whole, and untouched even as life keeps changing externally.

December 24 – 31 (Thu-Thu) Year End Family Vedanta Course

Swami Muktatmananda

Kaṭha Upaniṣad Mantras (1-3-3 to 9)

In these *mantras*, the *upaniṣad* presents the famous imagery of the body, mind, and senses as elements of a chariot, and the *jīva*, individual, as the master of the chariot. In the journey of life, one must have a suitable vehicle and an informed, alert driver. This analogy is also reflected in the Bhagavad Gītā, in which Arjuna chooses Lord Kṛṣṇa as his charioteer, thus ensuring success in the battle. Understanding and contemplating upon this image can serve as a powerful mental and emotional support in the struggles we all face in life.

Swami Sachidananda

Upadeśa Sāram of Ramana Maharshi

A beautiful guide by Ramana Maharshi, this text offers a concise map from outward *karma* to inward freedom. It shows how *karma*, *bhakti*, and *aṣṭāṅga yoga* prepare the mind and lead one to *jñāna yoga*, culminating in Self-knowledge and abidance as pure awareness.

As part of its mission to impart the traditional teaching of Vedanta, the Gurukulam also offers online and in-person classes on Sanskrit grammar. In-person classes are taught during various courses by Swaminijis Ramadhavananda and Girijatmananda and by volunteers. Free online classes are also currently being conducted – please see below for details.

Arsha Vidya Vyākaraṇa Vicāra Group

Instructor: Sri Kalpesh Jasapara

This is an online introductory course covering the first few chapters of Laghu Siddhānta Kaumudī (LSK), a shortened version of Siddhānta Kaumudī by Bhattoji Dikshita. LSK is organized to provide easier understanding of the ancient practice of studying Pāṇini's grammar.

Course Topics:

- Overview of Pāṇini grammar
- Prakriyā and other methods of studying vyākaraṇam
- Sutra Literature in general and Pāṇini Sutras in particular
- Many examples and practice with Bhagavad Gītā references

Students should be familiar with basic Sanskrit grammar and Devanagari script, and should also be able to devote sufficient time for study.

Ongoing class, started in December 2023 (all classes are archived)

Online zoom classes: Monday and Wednesday @7:30 pm EST (60-75 minutes)

Floater zoom class: Every Friday @7:30 pm EST

For more info and to register, please go to <http://tinyurl.com/lsk-at-avg>

Basics of Saṃskṛta Grammar for Vedānta Students

Instructor: Sri Jagadeesha Acharya

The course is intended for enhancing the depth of understanding of the Saṃskṛta texts while studying by oneself or under traditional teachers of Vedanta, either by reciting Viṣṇu-sahasra-nāma, chanting Bhagavad Gītā, reflection on a prakaraṇa-grantha, or in-depth study of upaniṣads and Gītā with Śāṅkara-bhāṣya. The course covers the following aspects in sufficient detail:

Course Topics:

- pronunciation and sandhis
- nouns and vibhaktis
- verbs and lakāras
- derivatives such as kṛdantas, samāśas, etc.

Students will be introduced to the Pāṇinian system of grammar as and when necessary during the course, with examples from these texts.

On-going class, started in October 2023, likely to continue through 2026.

Online Zoom classes: Tuesdays & Thursdays, 6 pm (Eastern).

For more info and to register, please send email to jagach720@gmail.com

Sanskrit Beginner's class

Instructors: Swamini Ramadhavananda and Swamini Girijatmananda

The Swaminijis will be teaching ongoing beginner Sanskrit classes in-person at the Gurukulam during the courses from July to December, and online afterwards. These classes will focus on the text Infant Reader by R.S Vadhyar & Sons, which covers prose, poetry, and grammar. Classes will continue to follow Reader One, Reader Two, and Reader Three in future years.



Arsha Vidya Gurukulam invites seekers to the
2026 Phoenix Vedanta Camp

May 3 – 18, 2026 (Sun-Mon)

conducted by Swami Tattvaidananda Saraswati

Ātma-Bodha and Yakṣaprasnāḥ

Schedule (2 classes per day)

10:15 a.m. – 10:30 a.m.	Meditation
10:30 a.m. – 11:30 a.m.	Ātma Bodha and Q&A
11:45 a.m. – 12:30 p.m.	Lunch
06:30 a.m. – 07:45 p.m.	Yakṣaprasnāḥ and Q&A
07:45 a.m. – 08:30 p.m.	Dinner

Locations

Morning: 3668 E Adobe Dr. Phoenix, AZ 85050

Evening: 9044 E. Sands Dr. Scottsdale AZ 85255

Registration

Register here for in-person attendance: <https://forms.gle/9RXDaUNweCeWYvpj6>

Please Note:

Camp starts with May 3 morning session and ends with May 18 evening session.

There is no scheduled break.

If you only want to participate online and you are already receiving BrahmaVidyaKuteer emails, you do not need to do anything. If you are not receiving BrahmaVidyaKuteer emails, but are interested in attending the classes online, please provide your email address to bvk.satsang@gmail.com

Please contact any of the following persons with any questions:

Phoenix Gita Vedanta Group

phx.gita.vedanta@gmail.com

Kishore Narayan

(623) 694-0502 • narayan.kishore@gmail.com

Singli Surandran

602-751-9337 • mail2suren@yahoo.com

Jayanthi Sankar

(480) 238-4655 • jaysurandran@yahoo.com

Arsha Vidya Next Gen Meet

May 28-31 (Thu-Sun) | Swami Sachidananda

This is a program dedicated to engaging young seekers between the ages of 18 and 40—college students, young adults, and working professionals—who are eager to explore self-growth and self-knowledge through Vedānta. Blessed by Swami Veditatmananda Saraswati and guided by Shivam Gosai, this retreat integrates traditional teachings with practical tools for everyday living. Beyond the enriching discourses, participants will engage in guided meditation, yoga, group discussions, and seva activities at the Gurukulam.

The retreat will be a unique opportunity for like-minded individuals to deepen their connection to Vedanta, reconnect with spirituality, and form lifelong friendships.

For more information on AVG Next Generation, visit avgnextgen.com/retreats or email us at avgnextgen@gmail.com or avg.karthikr@gmail.com.



Arsha Vidya Gurukulam invites seekers to the
8th Midwest Retreat 2026
 June 11 – 14 (Thu-Sun)
 conducted by Swami Sachidananda Saraswati

Ātmabodha

Soak yourself in Ātma Bodha, a concise Vedānta text by Ādi Śaṅkarācārya that unfolds Self-knowledge through illustrations and insights. This immersive retreat centers on the text, guided reflection, and deep introspection

Locations

Lindenwood Retreat and Conference Center
 9601 Union Road, Plymouth, IN 46563

Please use QR Code for registration or this link : <https://forms.gle/YhpTDiiXs4iXbg1T7>

For questions, please contact:



Jalpa Patel (937) 469-2640 or Karthik Ramagopal (203) 788-5933

Arsha Vidya Bala Gurukulam Family Meet

June 25-28 (Thu-Sun) | Swami Sachidananda

Arsha Vidya Bala Gurukulam (AVBG) offers a virtual learning environment for young children and teenagers. With the blessings of Swami Veditatmananda, AVBG was successfully launched in September 2022.

The AVBG program provides a solid foundation of Vedic heritage to our children. Children are taught not just values, but an understanding of the 'value of values'. They also learn Sanskrit ślokas, bhajans, rituals with their significance, role of prayers, Itihāsa-Purāṇa stories, and principles of the Vedic way of life, along with a basic history of India and heroic personalities. Based on the teachings of the Bhagavad Gītā, teenagers are taught how to manage peer pressure, develop self-confidence, and know their identity.

Classes are conducted every Sunday at 10:30 AM EST for approximately 90 minutes via the Zoom platform during the school year from September through May. AVBG currently offers ten levels of classes for age groups from 6 through 17.

AVBG is looking for teacher volunteers, especially those who are part of the Arsha Vidya family with exposure to Gītā study. Please contact Mrs. Malathi Shankar at avbg.malashan@gmail.com or Mrs. Rajshree @ avbg.rajshree@gmail.com or Dr. Pramod @ prmode@gmail.com

Please visit the website <https://balagurukulam.arshavidya.org> for further details and registration. You can also access the link through the ashram's website - arshavidya.org.

Children's Programs

Children's programs will be offered during the following courses:

April 3 – 5	Easter Weekend Family Vedanta Course
May 22 – 25	Memorial Day Family Vedanta Course
July 25 – 31	Family Vedanta Course 1
August 1 – 7	Family Vedanta Course 2
August 8 – 14	Family Vedanta Course 3
Nov 26 – 29	Thanksgiving Family Vedanta Course
Dec 24 – 31	Year End Family Vedanta Course

Children's programs are a part of all the Family Vedanta Courses at the Gurukulam. Children love these programs, which are filled with lively interactive classes based on Vedic heritage, religion, culture, universal values, and group discussion. Vedic chanting, yoga, drama, arts and crafts, games, and a nightly campfire are also very popular. The highlight of the camp is the finale, the cultural program, in which Swaminijis Ramadhavananda and Girijatmananda, assisted by Pratyagaatma Chaitanya and Lance Daniels, showcase the considerable talents of all the children.



Swaminiji
Ramadhavananda



Swaminiji
Girijatmananda

Arsha Vidya Gurukulam Special Events

Thursday, January 1, 2026	New Year's Day Mahārudrābhiṣekam
Tuesday, January 14	Makara-Saṅkrānti Pūjā
Sunday, February 15	Mahāśivarātri Celebration
Friday, March 27	Rāmanavamī
Tuesday, April 21	Śaṅkarācārya-jayantī
Tuesday, May 26	Gurupeyarchi
Wednesday, July 29	Gurupūrṇimā
Saturday, August 15	Puja Swamiji's Jayantī Day
Friday, September 4	Kṛṣṇa-janmāṣṭamī
Sunday, August 16	Gurukulam 40th Anniversary
Monday, September 14	Gaṇeśa-caturthi
Wednesday, September 23	Puja Swamiji's 11th Ārādhana & Swami Pratyagbodhanandaji's 6th Ārādhana
Tuesday, October 20	Saraswatī Pūjā
Wednesday, October 21	Vijayadaśamī
Sunday, November 8	Dīpāvalī
Sunday, December 20	Gītā-jayantī - Gītā-parāyaṇa
Thursday, December 31	Dakṣiṇāmūrti-mūla-mantra-japa
Friday, January 1, 2027	New Year's Day Celebration

** Dates Subject To Change*



Biweekly Meditation Sessions

Meditation plays an integral part in the pursuit of spiritual wisdom, in that it settles the mind so that it can gain and learn to abide in the non-dual vision of the *upaniṣads*. With steadiness in this vision, one cannot be unduly influenced by the ups and downs of life, and can face situations with ease and clarity.

Guided Meditation sessions will be conducted online by Swamini Agamananda on the 1st and 3rd Saturdays of the month from 11:00 a.m. - 12:15 p.m.

For more information, please contact Swaminiji at agamananda.saraswati@gmail.com.

Arsha Vidya Counseling Services

सर्वे भवन्तु सुखिनः । मा कश्चित् दुःखभाग् भवेत्
May all be happy. May no one suffer.



Swami Jnanananda (*pūrva-āśrama* name Dr. Ashok Chhabra), is a resident teacher at the gurukulam, who completed a two and one-half year course in Vedanta with Pujya Swami Dayanandaji in Piercy, California. He is a licensed psychologist. His therapy and counseling approaches combine both Vedanta wisdom and modern therapeutic and counseling techniques.

Swamiji is available to provide counseling in person at the gurukulam, and remotely via electronic media. There is no fee for the counseling sessions.

He can be reached at jnanananda108@gmail.com | Strict confidentiality is maintained.

Online Vedanta Classes

Swami Muktatmananda

Māṇḍūkya Upaniṣad – Mondays, Wednesdays & Fridays 10:30am-11:30am ET (UTC-4)

For Zoom link, please visit <https://arshavidya.org/live/>

Swami Sachidananda

Swami Sachidananda offers Zoom Vedanta sessions periodically. Announcements will be made on the WhatsApp groups and other platforms.

Brahmacari Pratyagaatma Chaitanya

Śrīmad Bhāgavatam Study Classes – Wednesdays 8:00 pm ET (UTC-4)

Śrīmad Bhāgavatam is a Mahāpurāṇa written by Sage Veda Vyāsa. In these classes, the text is studied verse by verse based on Śrīdharī ṭīkā.

For Zoom link, please visit <https://arshavidya.org/live/>

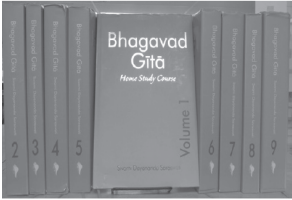
Bhagavad Gītā

HOME STUDY PROGRAM

Designed and Taught by Swami Dayananda

The Bhagavad Gītā has been a source of inspiration and knowledge for generations. Placed in the middle of the Mahābhārata of Vedavyāsa, it shines like a pendant jewel of wisdom.

The 'Gītā,' as the Bhagavad Gītā is popularly called, carries a timeless message. The person to whom it is addressed is Arjuna, a prince and a warrior. At the scene of a great battle, Arjuna faces a conflict between his emotions and the proper course of action. In this scene of imminent war, Arjuna's friend, Lord Krishna, becomes his teacher. Through Krishna's teaching, contained in seventeen chapters of verse, Arjuna resolves his conflict and gains self-knowledge, the essence of the teaching.



The Gītā Home Study Course consists of a 9-volume set

Price: \$250.00 plus S & H

The entire Bhagavad Gītā is also available for Mac and PC on CD-ROM in PDF format. This CD-ROM consists of a searchable Gītā text. It also contains a video clip of Swamiji introducing the program, along with a narrated video of Arsha Vidya Gurukulam activities.

Price: \$50.00 plus S & H

Additionally, the original 363 classes of the Bhagavad Gītā, from which the above two items were edited, are available on seven MP3 CDs.

Price: \$300.00 plus S & H

Each of the seven hundred verses of the Gītā is presented in devanāgarī script with transliteration, word-for-word meaning, English translation, and an extensive commentary by Swami Dayananda in keeping with the traditional commentary of Ādi Śankarācārya.



If you wish to start a Bhagavad Gita Home Study Group in your area,

please contact Brahmachari Pratyagaatma Chaitanya for guidance.

suryamon@gmail.com | (570) 656-0195

Gift for a Day (GFD) & Patron's Program

Arsha Vidya Gurukulam is entirely funded by kind donations from people like you. Please donate generously by participating in our Gift for a Day (GFD) program and Patron's program which are tax deductible contributions. For more details, please contact Mrs. Indira Akella @ 570.992.2339 extn. 1241 or email: gfd.arshavidya@gmail.com.

1st and 3rd Saturdays

Guided Meditation
11:00 a.m. - 12:15 p.m.

1st and 3rd Sundays (Adults)

Bhagavadgītā Class 1
10:00 a.m. - 11:00 a.m.

Bhagavadgītā Class 2
11:30 a.m. - 12:30 p.m.

Satsang (Q&A)
(subject to attendance)
1:30 p.m. - 2:30 p.m.

**Hatha Yoga Classes
at the Gurukulam**

Mondays 5:30 - 6:30 pm

Yoga studio at the Dr. Sehra Heera Activity Center near the dining hall-auditorium.

Regular yoga practice contributes to mental purification as well as maintaining strength, mobility, stamina, and pulmonary function.

For more details, please email to
lancedaniels@hotmail.com

Lord Dakṣiṇāmūrti Temple and Homa Services

Simantam (Prenatal) - Nāmakaraṇam (Naming Ceremony)

Akṣarābhyāsam - Upanayanam - Vivāham (Wedding)

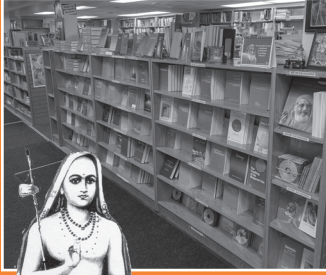
Āyusya Homam (Birthday) - Navagraha Homam

Satyanārāyana Pūjā - Śrāddham - Archana

The Gurukulam has full-time priest(s), Sri.Ganesan and Sri.Shivaram, who are traditionally qualified to perform Vedic rituals and temple pujas. They are available to perform any type of Vedic ritual for you either at the Gurukulam or in your home. For religious functions held at the Gurukulam, accommodations and meals can be provided.

For more details, please contact
Karthik Ramagopal: avg.karthikr@gmail.com - 203-788-5933

For details on online payment for abhisekam and archana, please refer to arshavidya.org



Arsha Vidya Gurukulam Bookstore

Books/Audio/Video

Our onsite bookstore has an extensive collection of books and audio-visual materials on Vedanta and related topics:

- Over 100 titles of commentaries on Vedanta texts authored by our revered Swamijis of Arsha Vidya Gurukulam and others
- Wide range of books on many topics, including Sanskrit grammar, yoga practices, meditation, classical Indian literature, history, and more
- Books are available in various languages: English, Sanskrit, Tamil, Gujarati, and Telugu
- All Vedanta courses taught at AVG are now available for purchase on USB stick in both audio and video format
- All the books and audio/video titles can be ordered online



Courses can also be accessed online through AVG Courses at:

<https://courses.avgbooks.org/shop/>



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Email: avpbooks1@gmail.com

VEDĀNTA TEACHING CENTERS IN INDIA

Arsha Vidya Gurukulam
 Anaikatti P.O.,
 Coimbatore, Tamil Nadu 641 108
 Tel: 91-422-2657001, 91-9442646701
 (Reception)
 Email: office@arshavidya.in
 www.arshavidya.in



Arsha Vidya Pitham
 (Sri Gangadhareswar Trust)
 Swami Dayananda Nagar
 Muni Ki Reti (Rishikesh) - 249 137
 Uttarakhand, India
 Tel: 0135-2430769 / 2431769
 (from abroad dial +91-135 instead of 0135)
 Fax: 0135-2430769
 E-mail: dayas1088@gmail.com



Swamini Vibhavananda
 "Viswa Mangalam"
 Athwa Lines
 Near Jivan Vikas Society
 Surat - 395001
 Gujarat
 Tel: 98195-10220
 Email: swaminivibhavananda@gmail.com



Swami Sachidananda Saraswati
 Arsha Vidya Kendra Trust
 29, 2nd cross, Brindavan Layout
 Kavalbyrasandra, Bangalore 560032
 www.arshavidya.co.in
 swamisca@gmail.com

Swami Vidadatmananda
 Adhyatma Vidya Mandir
 Tattvatirtha
 Shilaj Road, Thaltej,
 Ahmedabad - 380059
 Gujarat, India
 Tel: 079-26858333
 Fax: 079-26856395
 Email: contact@tattvatirtha.org
 www.tattvatirtha.org



Swami Tattvavidananda
 Brahmadevidya Kuteer
 501, Deccan Corner
 Diamond Point
 Secunderabad - 500009
 Tel: 91-40-27502035
 Email: tatvavit36@gmail.com



Arsha Vijnana Gurukulam
 Vedapuri, Bazar Gaon, Dorli Road
 P.O. Bazargaon, Tah Katol
 Nagpur, Maharashtra
 Tel: 0711-2695998
 Mobile: 91 9370663555
 City Office: 91 9822234567 (Smt.Rajashri)
 E-mail: Brahmapra@gmail.com



SELF SUPPORTED VEDĀNTA TEACHING CENTERS

Arsha Bodha Center, Somerset, NJ
Swami Tadatmananda
www.arshabodha.org
Tel: 732-940-4008



Arsha Vidya Center (SF-Bay area)
www.arshvidyacenter.org
Mr. Vijay Kapoor
Tel: 650-949-5522



Online Vedanta classes by Radha
(Dr. Carol Whitfield)
www.arshakulam.org



Swami Advayatmananda
https://arshadrishti.org
@ArshaDrishti Facebook.com/ArshaDrishti
Swamiji@arshadrishti.org
Tel: 408-905-6499



Alameda, CA
Vedanta Class in Spanish
Chetan (Carlos Nevarez)
Tel: 510-733-0467



South Florida
Janani Cleary
Tel: 561-523-3696
janefcleary@gmail.com
www.optimummeditation.org



Rio de Janeiro, Brazil
Centro de Estudos Vidya Mandir
Gloria Arieira
Tel: 55 21 2287-2774

Vidya Mandir
www.vidyamandir.org.br
Arsha Vidya Ontario, Canada
Contact: Rajesh Patel
Tel: 519-938-8708
Rpatel2000@hotmail.com



Swamini Atmarata
Online classes on Gita and Upanishads
Email : rsithamarju@gmail.com



Houston, TX
Arsha Vidya Satsanga
Chandra.Raghu@gmail.com
Online Bhagavad Gita Classes
Dr. Venkat Swaminathan
venswami@gmail.com



Arsha Vijnana Gurukulam
Swamini Svratmavidyananda
Tel: 541-684-0322
www.arshavm.org
http://www.livestream.com/advaita_
swaminisvatmavidyanandaji



Castro Valley, CA
Vedanta Classes
Esha (Esther Nevarez)
Chetan (Carlos Nevarez)
Tel: 510-733-0467
esha.esta@gmail.com



London, UK
Arsha Vidya UK
Swamini Atmaprakashananda
swamini@arshavidya.org.uk
www.arshavidya.org.uk
Tel: 079 7445 5958

All our Vedanta course registrations are now done only online.

Please register for your selected course here:

<https://arshavidya.org/avg-course-registration-2026/>



~ or scan the QR CODE on the opposite page ~~~>

Easter Weekend (Apr.)

Registration

Single: \$90 | Couple: \$150

Lodging

Single: \$115 | Couple: \$175

Two-Week Vedanta Course (Apr.)

Registration

Single: \$100 | Couple: \$150

Lodging

Single: \$450 | Couple: \$700

Eight-Day Vedanta Course (Apr.-May)

Registration

Single: \$145 | Couple: \$240

Lodging

Single: \$300 | Couple: \$520

One-Week Vedanta Camp (May)

Registration

Single: \$125 | Couple: \$210

Lodging

Single: \$260 | Couple: \$450

One-Week Spring Vedanta Camp (May)

Registration

Single: \$100 | Couple: \$150

Lodging

Single: \$250 | Couple: \$425

Memorial Day, Independence Day, & Thanksgiving Courses, Meditation Camp

Registration

Single: \$150 | Couple: \$240

Lodging

Single: \$200 | Couple: \$345

One-Week Family Courses 1, 2, 3 and Year-End Family Camp

Registration

Single: \$180 | Couple: \$300

Lodging

Single: \$450 | Couple: \$800

Three-Week Vedanta Course (June)

Registration

Single: \$150 | Couple: \$225

Lodging

Deluxe Room:

Single: \$1400 Double: \$2200

Suite:

Single: \$1550 Double: \$2410

Two-Week Vedanta Course, Two-Week Bhashyam Course

Registration

Single: \$240 | Couple: \$360

Lodging

Deluxe Room:

Single: \$800 Double: \$1250

Suite:

Single: \$1050 Double: \$1630

During courses, accommodations are limited to registered guests and family members. Extra invited guests, adults and children, must be registered in advance.

Lodging fee per child: Age 2-11 years \$125;
Age 12-19 \$175; Age 20 years & above \$300

The Gurukulam does not charge tuition for Vedanta classes. We rely mainly on donations to make the programs possible. All food is complimentary. Registration Fees for courses are non-refundable and may be used for other courses, within a year, in case of cancellations.

Lord Dakṣiṇāmūrti



2026 Online Registrations Open!

Please Scan the QR Code to Register or Use the Link Below!



Arshavidya.org/avg-course-registration-2026

Registration Link


ARSHA VIDYA
GURUKULAM

Arsha Vidya Pitham

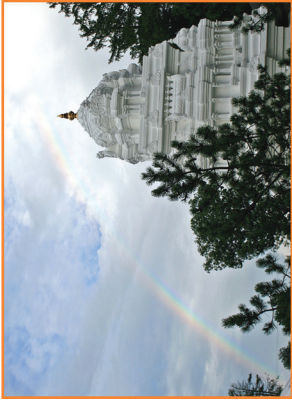
Institute for the study of Vedanta, Sanskrit, Meditation and Yoga

P.O. Box 1059 • Saylorsburg, PA 18353

Phone: 570-992-2339

apoffice@gmail.com

Website: www.arshavidya.org



- Vedanta
- Children's Programs
- Yoga
- Vedic Chanting
- Meditation
- Sanskrit
- Ayurveda
- Astrology
- Classical Indian Music

**Year
2026
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