



# RHYTHM OF LIFE RETREAT

*Everything in the universe has a rhythm. Find yours!*

**A holistic retreat to relax,  
learn & discover your own rhythm  
& manifest a life  
with greater fulfillment**



**November 11-13, 2022**

Friday - Sunday



**Navalveerayatan**

Tiwai Hill, Chakasman  
Wada Road, Khed, Pune  
Maharashtra-410513, India

# PREAMBLE & OBJECTIVES

## PREAMBLE: RHYTHM OF LIFE RETREAT

The Rhythm of Life retreat offers you a safe space to reflect, learn and discover your own rhythm and take charge of your life to experience greater fulfillment, connection, healing, restoration, and harmony. Balance your inner and outer world and experiences, making life more harmonious, with enhanced happiness and sizable reduction of pains. Our true nature is to be blissful, however our life situations and our perceptions of them, cause a disturbance in our rhythm resulting in experiences of pain and pleasure, despair and delight. We forget that such experiences are momentary and in this retreat we learn to how to navigate life situations and regain the inner bliss. The retreat draws its foundation from the Jain principle "from soul to supreme soul by self-effort with restraint and the saying of Acharya Shankar '*Aham brhamasmi*' or "I am the Creator" applied to a householder's lifestyle.

The whole Rhythm of Life experience comprises of 3 parts:

- ✦ **Online:** four online pre-recorded lectures along with reflection and introspection exercises. These are based on various Indian philosophical traditions including Jain philosophy, modern scientific research, and real-life experiences. This can be taken in isolation or as a pre-work to the retreat.
- ✦ **Retreat:** 2.5 days holistic retreat where we create space for the participants to go deeper and experience the shifts we discuss in the online modules. Participants leave the retreat with a personal plan to be implemented by them and fully supported by us for the next 21 days.
- ✦ **Next 21 days:** research proves that it takes at least 21 days to start to form a new habit. You will be supported by the retreat group and the leaders to ensure you are encouraged to implement your personal plan.

## RETREAT OBJECTIVES

- ✦ Learn to live a holistic life, synchronizing rhythm of inner and outer worlds so that we feel more melodious and harmonious.
- ✦ Develop a toolkit of skills to navigate through your life situations. Create new healthy habits including Yoga and Meditation. Inculcating values like self-effort, nonviolence, pluralism, etc., time and priority management.
- ✦ Deepen your knowledge of ancient wisdom and modern science and relate it to life experiences.
- ✦ Develop understanding around "Who am I? Why me? What's my dharma? and How do I live my Dharma?"
- ✦ To grow together to enhance happiness for self, family, and community

## THE UNIQUENESS OF THE RETREAT

- ⬆ Provides a natural and relaxing ambiance conducive to learning and experiencing our true nature through academic sessions, group interactions, developing habits to achieve the objective of retreat.
- ⬆ Experiential and interactive workshops by internationally-minded faculty well versed in lifestyle issues and changes, psychology, philosophy, and scientific research
- ⬆ Provides the analytics and toolkits that are required to foster a better rhythm of life at individual, family, and community levels.
- ⬆ The schedule comprises of sunrise Yoga and meditation sessions, followed by discussions, group activities, art, cultural activities, and long walks in the green fields.
- ⬆ Allows customization of one's own happiness path.
- ⬆ Offer post retreat community support for 21 days to ensure happiness habit formation.

## WHO SHOULD ATTEND?

This workshop is designed for inquisitive individuals typically in an age group of 35 years to 55 years, who are self-reflective, introspective by nature as they have gone through different challenging life situations in their lives and are willing to know more about their values, with a progressive approach and a transformative attitude.

## DURATION

November 11-13 (Friday-Sunday), 2022

## NO. OF SEATS

**For Online only:** maximum 40.

**For the retreat:** maximum 20 seats to ensure that group participants are engaging and active.

## PEDAGOGY

The retreat will use a mix of pedagogies, such as: preparing your personal diary of needs/issues and their relations for moderation, case studies, lectures, group exercises, group discussions, role play, Yoga, guided meditation, music, dance, etc.

## VENUE & ACCOMMODATION

Navalveerayatan (65 kms from Pune) – Tiwai Hill, adjacent to Sahayadri School. Village Darakwadi, Chaskaman, Wada Road, Khed, Pune, Maharashtra – 410513 located on a hilltop, in a lush green, serene environment, facing spectacular views of mountain ranges and dazzling fresh-water lakes. The complex has a beautiful multi-purpose hall for meditation and Yoga, prayer and lecture rooms, small meeting rooms, dining room serving healthy vegetarian meals, modern clean residential complex for all participants along with a spacious parking lot.

## WORKSHOP FEE & PAYMENT

**For both Online and Retreat:** INR 12,000 per person for participants from India and US \$200 for participants from overseas who book before July 15, 2022. Thereafter it would be INR 15,000 per person from India and US\$250 from overseas. The fee includes tuition fee, program materials, boarding and lodging (twin shared rooms for two nights).

**For Online version only:** INR 1,000 per person.

The program fee is payable on receipt of admission from us to confirm participation.

## ABOUT ANANDIBYANITA

[www.anandibyanita.com](http://www.anandibyanita.com)

## ABOUT DR. SHUGAN C. JAIN

[www.isjs.in](http://www.isjs.in)

## FOR REGISTRATION

<https://forms.gle/u9KTKLzrFGA7bpW27>

## ANY QUESTIONS, PLEASE?

### Contact- Retreat Coordinator

Dr. Shugan C. Jain

Jain Education Institutes Support (Sponsor)

D 28 Panchsheel Enclave. New Delhi-110017

Email: [shuganjain1941@gmail.com](mailto:shuganjain1941@gmail.com)

Mobile No: +91-9818139000