

**Sweden Vedanta Retreat with Radha
July 15 - Aug 11, 2016**

Time	Activity	Description
7:00-08:30	Yoga	techniques to bring absorption to the mind, relaxation to the body and understanding to the emotions.
9:00-10:00	Breakfast	
10:00-11:00	Meditation	
11:30-12:30	Class 1	
13:00-14:00	Lunch	
14:00-16:00	Free Time / Optional	Possibility to book private meetings with Radha
16:00-17:00	Free Time / Optional	Sanskrit, chanting or pranayama classes
17:30-18:30	Class 2	
18:30-19:30	Dinner	
20:00-21:00	Satsang	

You are welcome to arrive on the evening of the 14th. We don't have the ability to pick people up at airports, but it is easy to take the bus to Gothenburg and then the train to Varberg; we can pick you up there. So plan for that when you book your ticket. Late in the night there are no trains. If you don't know your way here let me know and I will send you a road description.

For those of you who haven't been here before: Mangalam is a small retreat place 80k south of Gothenburg. We can host 20-30 people sleeping over in dormitory rooms. For this event, it is free of charge to sleep here, but you need to make a reservation. We have engaged a professional chef, she cooks amazing organic raw-influenced vegetarian and vegan food. That gives us all more time to dive deep into Vedanta. For food during your stay, donation for the teaching, travelling costs for Radha and covering basic costs for Mangalam and supplies we strongly recommend donations as follows:

If you are coming the first week only, the recommended donation is 860 SEK a day in total 6000 SEK for the first week including food. (the dollar has gone up with 30%)

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If you commit for the full 4 weeks the recommended donation is 535 SEK a day in total 15,000 for 4 weeks including food. (Which is a fantastic considering food, teaching and living in top notch prana land!)

If you don't have the possibility to donate, you are still welcome! Let's carry each other! But, if you want to share this time for four weeks we strongly encourage you to contribute for your food and something for the teaching.

If you don't have the possibility to stay all 4 weeks we recommend you come the days you can at the beginning of the retreat, if you haven't listen to Vedanta before. And of course you are always welcome when you can come during the first week. Follow the longing of the soul. For the coming three weeks we need you to commit, so the teachings can go deeper and progress.

Bring your Vedanta friends and people you think might benefit from listening. Especially to the first week. A week of magic and joy. The more of us that can carry and split the cost for Radha's travel and donation the less each individual will have to invest and we will also be able to lift and carry those that don't have the financial means this time to contribute. Let it happen.

If you would prefer to have your own room, there are some small cottages by a lake not far from here <http://www.skarbacksgard.se/startsidea.ht>. They are popular during the summer so make sure to make your reservation well in advance. There is also Stömme Farm Lodge www.strommafarmlodge.com not far from here and Karlsbergs B and B www.karlsberg.se

You are always welcome to put up a tent in our garden or close by in the beautiful forest!

Shine your light,

Emma