

All India Camps

All India Camps - 2010

Camp	Duration	Prerequisite	Donation
Spiritual Retreat (Hindi & English) click here to download Enrollment form ^[1]	5- 11 February 2010 & 8-14 August 2010	Age : 40+ Years	Rs. 1000/-
Yoga Shiksha Shibir (Hindi & English) click here to download Enrollment form ^[1]	5 - 19 May 2010 & 1 - 15 December 2010	Age : 18+ Years	Rs. 1500/-
Samartha: True Learning-Real Education click here to download brochure cum Enrollment form ^[1]	12 - 13 June 2010	for Teachers	Rs. 500/-
Yoga Pratiman : "Saha-Yoga" click here to download brochure cum Enrollment form ^[1]	16 - 17 June 2010	for married couples only	Rs. 1000/- per couple

Related Information

Medium : English & Hindi

The Syllabus : Spiritual Retreat & Yoga Shiksha Shibir

- Study and Practce of Yogasanas, Pranayama & Kriyas
- Yogic relaxation methods, japa and techniques of meditation
 - Study of Yoga Darshana
 - Bhagavad Gita
 - Indian Culture
 - Life and message of great men and women of our country
- Chanting of strotras, bhajans and songs for emotional culture.
- Visits to Vivekananda Rock Memorial, Kanyakumari Temple
- Visit/trekking to Marutmalai Mountain (in Yoga Shibir only)

Accommodation:

The Camps are fully residential. Simple dormitory accommodation is provided for Ladies and Gents

separately.

Food:

We provide simple vegetarian food.

Weather:

Kanyakumari has an excellent weather throughout the year. The summer is pleasant with just sufficient warmth and the winter is never cold. Winter clothing are generally not needed at Kanyakumari.

How to Reach?

- Vivekanandapuram is Just 1 Km. from the Kanyakumari Railway Station.
- Taxis and autos ply regularly between Kanyakumari and the campus.
 - Thiruvananthapuram is the nearest airport (just 90 kms. away).
- Vivekanandapuram is a request bus stop for all the buses entering Kanyakumari.

General Instructions:

- Participants should bring their necessary bedding with mosquito-net, a torch light, writing materials, toiletry articles needed for entire duration of the Shibir.
- Prescribed dress for Yogasana Sessions: For Men: Any light colour loose T-Shirts and Track suits/Shorts For Ladies: Any light colour Salwar and Kameez i.e. Punjabi dress. Tight dress or Jeans are not allowed. Apart from Yogasana and Shramanubhava sessions shorts are not allowed for the other sessions.
 - Please avoid bringing tape recorders, i pods and other valuable articles.
 - Use of Mobile phones is not allowed during the camp.
 - Participation in all the sessions in time is compulsory for all the participants.
- Participants should report at Shibir office one day before the camp starts latest by 6.00 p.m. and can leave only after lunch on the concluding day. Late reporting and/or leaving before the camp concludes are strictly not allowed.
- Going out of the campus venue, smoking, chewing of Paan / Paan-Masala, consumption of tobacco / alcohol or any other intoxicants are strictly prohibited.
- The participants are required to walk daily about two kilometers and climb stairs upto two floors daily, within the campus for various sessions.

For successful completion of the Shibir, adherence to above instructions is necessary.

How to Enroll?

- Fill up the attached form (giving full and correct details) and send to the address given below.
- Attach a demand draft for the Shibir donation in favour of Vivekananda Kendra, Payable at State Bank of India, Vivekanandapuram, (Code-3780), Kanyakumari.
 - Registration / enrolment on reaching maximum number i.e. 75.

Correspondence Address

Shibir Office In-charge

Vivekananda Kendra, Vivekanadapuram
Kanyakumari ? 629702
Phone: +91 - 4652 ? 247012, Fax: +91 - 4652 - 247177
E-mail: camps [at] vkendra.org Web: www.vkendra.org [2]

[DOWNLOAD ENROLLMENT FORM](#) [3]

Source URL (retrieved on 08/01/2010 - 11:48): <http://www.vkendra.org/camps>

Links:

[1] <http://www.vkendra.org/http>

[2] <http://www.vkendra.org>

[3] <http://www.vkendra.org/sites/default/files/VK-ShibirEnrolmentForm.doc>