



HYMNS: Himalayan Yoga Meditation Netherlands Society



Invitation Weekend Workshop

24-26 April 2020

with

Swami Ma Radha Bharati and Uta Bisseswar

THEME: "Why Serious Sadhakas Must Practice Love."

'Love' is the primary theme in the teachings of the Himalayan Tradition. We are taught that "The most important part of our behavior is how loving we are." Swami Rama and Swami Veda were excellent models of love. They said we should aspire to "love all and exclude none." How is it possible to 'love all.' What is loving behavior? Why is it important? How does the practice of love relate to one's regular daily practices? We will address these questions and others that arise during our discussions. Lectures will be based on the teachings of Swami Rama and Swami Veda as well as from the Yoga Sutras and Vedanta texts.

Non-attachment means pure love. Non- attachment means love without an object.

There is something wrong with your love. You need something. You need someone to be loved. It means your love is so poor, so weak, so meek that it leans on something. Because it needs an object.

You need a little baby, you need someone - husband, you need someone, a bag of bones and flesh to love. And if you go on seeing that you love this man, that man is not the same whom I got married to. He looked tender, he looked gentle, he looked so friendly, now everything has changed.

This sort of love that flies away is not considered love. That is considered attachment. When your love is mingled, inseparably mingled with non attachment, that love is considered to be higher love.

You are a house-holder; to practice that you'll be attaining, not the body, body you already have. You'll be attaining something beyond, who is controlling, who is the governor, who is the real centre of motivation consciousness within you, Atman.

You forget the aim and you expand more in the external world. Your love remains limited to the flesh, and you do not go inside that frame which is called body, you see. That is called Atman, you do not go beyond that body to the centre of Atman.

That love which does not grow is not love, Then what it is? It is called attachment. Attachment is mother of all miseries.

https://www.youtube.com/watch?time_continue=9&v=x2tRA6N5d5Y Link YouTube film

~ Swami Rama

Enjoy Yoga on a deeper level

Immerse yourself in the Spirit of the Lineage of
The Himalayan Yoga Meditation Tradition

Location

Monastery The Beukenhof at Biezenmortel in Holland (N-Brabant). Easy to reach / international connections, Eindhoven Airport at 20 minutes distance + cheap flights, Amsterdam Airport at 1,5 hour's distance

Double room (share) € 235,- p.p.

24 - 26 April; 2020 (3 days/2 nights + all meals)

PROFILE OF THE TEACHERS

*. **Swami Radha Bharati, M.A. Philosophy, M.A. Public Affairs**, has been a disciple of Swami Rama of the Himalayas since their first meeting in 1971. In 2007 she was initiated into sannyasa—a life dedicated to teaching meditation, its practice and philosophy. Ma Radha has extensive experience in teaching ethics and philosophy at several Universities. Most recently she has been both the Academic Director and a permanent faculty member of the ashram founded by Swami Veda Bharati--Swami Rama Sadhaka Grama in Rishikesh, India. Her commitment to serve is inspired by the living examples of love and wisdom demonstrated by Swami Rama and Swami Veda.*



Uta Bisseswar began practising meditation and yoga in her teenage years. At that time she came in contact with Swami Rama and Pt. Usharbudh Arya (Swami Veda Bharati) and joined their seminars in Germany. After high school Uta volunteered for 15 months in a refugee camp in Texas. In that period she also visited the ashram of Swami Rama in Honesdale, Pennsylvania and received his teachings. From 1992 till 1994 she joined the TTP (Teacher Training Programme) at the Himalayan Institute near Hamburg. Uta has a master's degree in political science. She worked as a policy officer for the German government and was mainly engaged with improving the education of immigrant

children. From 2005 till 2007 Uta followed the Gurukulam programme at SRS in India under the guidance of Swami Veda. Currently she lives with her husband and their children in The Hague. She teaches yoga in her own studio as well as for the Himalayan TTP in the Netherlands and for the ayurvedic institute EISRA.

DAILY SCHEDULE DAILY SCHEDULE seminar guided by Swami Ma Radha Bharati & Uta Bisseswar

Friday April 24, 2020

11.00-12.30:	Arrival
13.00-15.00:	Lunch, pause, rest, walking
15.00-17.15:	Session 1
17.30 -18.30:	Session 2
18.30-20.00:	Supper; rest; walking
20.00-21.00:	Session 3
21.00-21.30:	Meditation
Rest	

Saturday April 25, 2020

06.00-08.00: Hatha session by Uta Bisseswar
08.00-09.30: Breakfast, rest, walking
09.30-11.00: Session 4
Short brake
11.15 -12.30: Session 5
13.00-16.00: Lunch, pause, rest, walking
16.00-17.15: Session 6
17.30-18.30: Session 7
18.30-20.00: Supper; rest; walking
20.00-21.00: Session 8
21.00-21.30: Meditation
Rest

Sunday April 26, 2020

06.00-08.00: Hatha session by Uta
08.00-09.30: Breakfast, rest, walking
09.30-10.30: Session 9

10.30-11.00: Meditation
11.30-12.30: Closing session
13.00 : Lunch, departure

The planning can be subject to changes. More details will be available around a week before the retreat and during the program

REGISTRATIONFORM (please copy, file, fill in and sent)

Register by filling in this registration form and returning it by e-mail to info@rajayogales.nl or by postal service to mr. Kries Mannie Sing, W.Passtoorsstraat 67, 1073HW Amsterdam, The Netherlands

More information: Kries Mannie Sing (0031) (0)20-6649442
or info@rajayogales.nl

Name:

Address:

Postal Code en City:

Country:

Telephone:

Mobile phone:

Email:

Registers for **(mark your choices precisely by replacing 0 by an X)**

☐ Participation Single room € 280 p.p.

☐ Participation Double Room (share) € 235 p.p.

I will share my room:

☐ Yes, name of my roommate:

☐ Yes, but no roommate

Please note: Your registration is only complete/accepted after payment of a minimal (reservation) amount of € 50,- to HYMNS

Payment:

Via ING Bank, Amsterdam.

Account name: Stichting HYMNS.

IBAN/Account: **NL32 INGB 0007 0385 40**

BIC-code (for international money transfer): INGBNL2A

If applicable: the participant should also pay for the costs of international remittance.

Reference: Weekend workshop with Swami MA RADHA April 2020

Date:...

Full payment has to be in the HYMNS bank account before 1st of March 2020.

For **cancellations** *before* 1st March 2020 we will charge € 50,-, *after* 1st March 2020 we will charge € 80,-

For **cancellations** *after* 15th April 2020 we will charge € 150,-
