



“I think it is essential sometimes to go on a retreat, to stop everything that you have been doing, to stop your beliefs and experiences completely and look at them anew, not keep on repeating like machines whether you believe or do not believe. You would then let in fresh air into your minds.”

Study Retreats

2011 - 2012

The Study, KFI - Bangalore



Participant Comments

"This retreat is aptly designed for both, people who have been exploring K's teachings for years, as well as for people who are newly being exposed to the teachings."

- **Pai, Banker, SBI, Belgaum**

"It gave me an opportunity to have a meaningful break from my dead mechanical routines in which I am always so deeply caught up with."

- **Rajan, Software Specialist, Chennai**

"This retreat gave me a chance to explore K's teachings more intensely and to experiment with what it means 'to observe', watch and be attentive'."

- **Prashant N Udupa, Founder & MD,
V- Create Logic, Bangalore**

"It is not just another futile intellectual process'; it gives one ample space and opportunity to explore oneself as one is and to experiment with the teachings."

- **Sowmya Sandeep, Fitness Expert
Fitness Cub, Bangalore.**

"The retreats are conducted with the sense of exploration, openness, friendliness, care, togetherness and intensity. I liked the fresh 'non-facilitator centered' approach."

- **Ish Mohini, MSW, New Delhi**

"Retreat provides an open space where one can come to listen, to reflect, to meditate."

- **Tanya Creedon, Traveler, Moscow**

Upcoming Gatherings, Retreats & Schedules

Feb, 17 - 20, 2011 - What does fear do to you?

Mar, 10 - 13, 2011 - What does freedom mean?

**Apr, 08 - 11, 2011 - Karnataka Gathering - Is it possible
to live an orderly life in this chaotic world?**

Jun, 09 - 12, 2011 - Do I know myself?

Jul, 07 - 10, 2011 - Harmony in relationships?

Aug, 11 - 14, 2011 - To listen, to look and to learn!

Sep, 08 - 11, 2011 - What is right action?

Nov, 10 - 13, 2011 - Why do I resist change?

Dec, 08 - 11, 2011 - Freedom from fear?

**Dec, 23 - 30, 2011 - Youth Gathering - What are you doing
with your life?**

Jan, 25 - 29, 2012 - Silence, Stillness, Meditation.

Feb, 09 - 12, 2012 - Ending of conflict.

Mar, 08 - 11, 2012 - Freedom, Responsibility & Discipline.

**Apr, 07 - 10, 2012 - Karnataka Gathering -
What is a religious mind ?**

*Other than the scheduled retreats, separate retreats can be organised on request.



Retreat Information

- The Retreats are held during the second weekend of every month - From Thursday evening up to Sunday evening.
- Transportation will be arranged for group pick-ups - Jain Temple, 4th Block, Jayanagar, Bangalore.
- Pick-up time - 6.30 pm on the first day of the retreat.
Departure time - 5:00 pm on last day of the retreat.
- Study Retreats will be restricted to 12 participants at a time.
- Each participant will have a separate cottage on a non-sharing basis.
- Only vegetarian food will be served.
- Smoking, alcohol or drugs are strictly prohibited on the campus.
- The cost for the Retreat is ₹1900/- per person and will include: food, accommodation, programs, study material and transportation.
- The cost for participating in the Youth Gathering is ₹2950/- per person and for the Karnataka Gathering is ₹1500/- per person.

For more information, please contact us:

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