

Study Retreats

The **Study Centre, Valley School, Bangalore** has been organising residential retreats every month from June 2010.



The purpose of such retreats is to take a step back from ones active daily life of making a living, having a family, and all the other activities that one is engaged in.

Retreats

A Wonderful Opportunity to :

Slow Down

- * **Discover a Wholly Different, Sensitive & Holistic way of Living**
- * **Begin the Life Transforming journey of Understanding 'Yourself'**
- * **Understand your Mind, Body & Emotions**



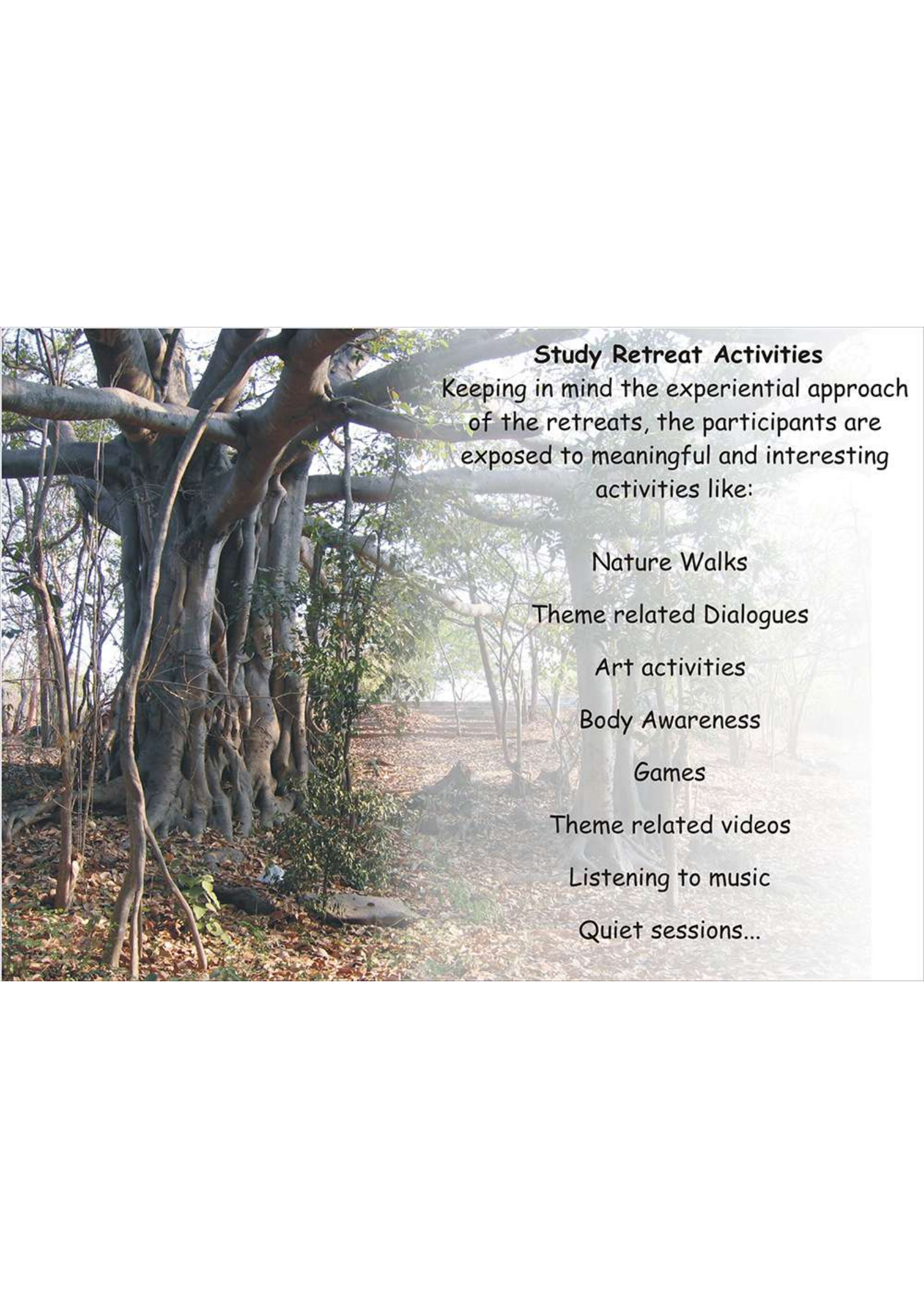
"I think it is essential sometimes to go on a **retreat**,
to stop everything that you have been doing,
to stop your beliefs & experiences completely
and look at them anew,
not keep on repeating like machines
whether you believe or do not believe.
You would then let in fresh air into your minds." - J.K.

During the retreat one can be alone and also in company of other like-minded individuals who are enquiring & intensely exploring the deeper questions of life and are willing to delve into the nature of human consciousness without any preconditions or with the aim of reaching any specific goal.

Taking a journey within oneself brings about a certain release from the various conclusions, ideas, and tensions that one often accumulates in daily life. After the retreat one returns to daily living with an alert mind that is able **to meet the challenges of life afresh.**



"This is a place of learning and austere living with inward discipline and work, without a guru, without a leader and without a system of meditation or working."
- J. Krishnamurti



Study Retreat Activities

Keeping in mind the experiential approach of the retreats, the participants are exposed to meaningful and interesting activities like:

Nature Walks

Theme related Dialogues

Art activities

Body Awareness

Games

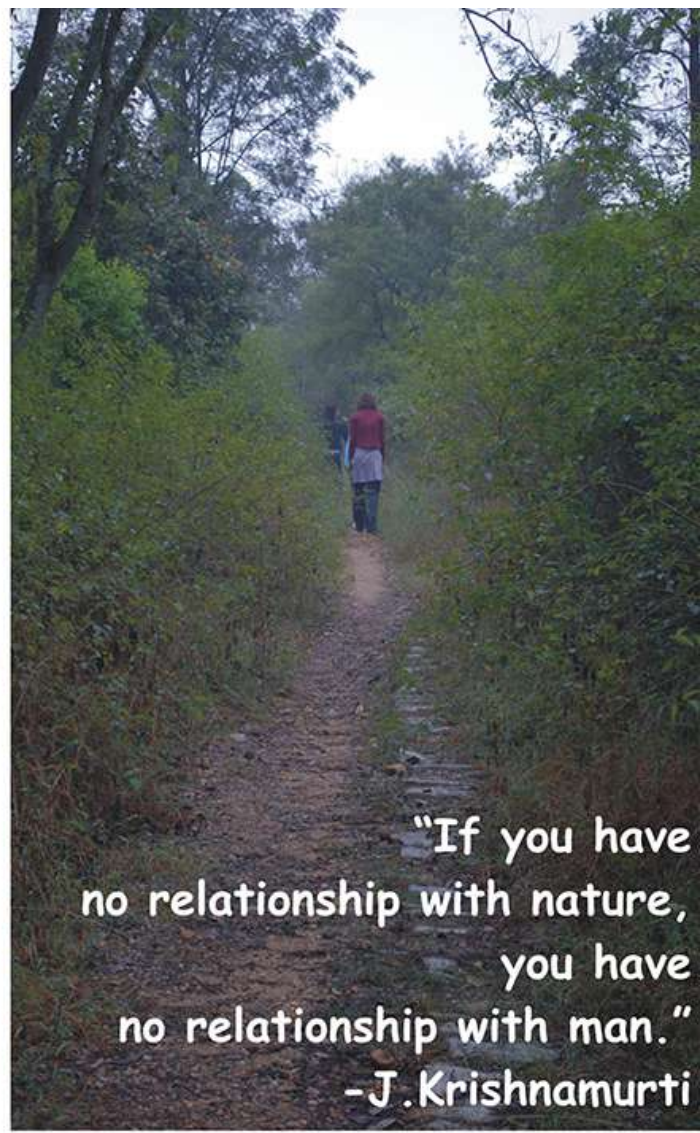
Theme related videos

Listening to music

Quiet sessions...



NATURE WALKS



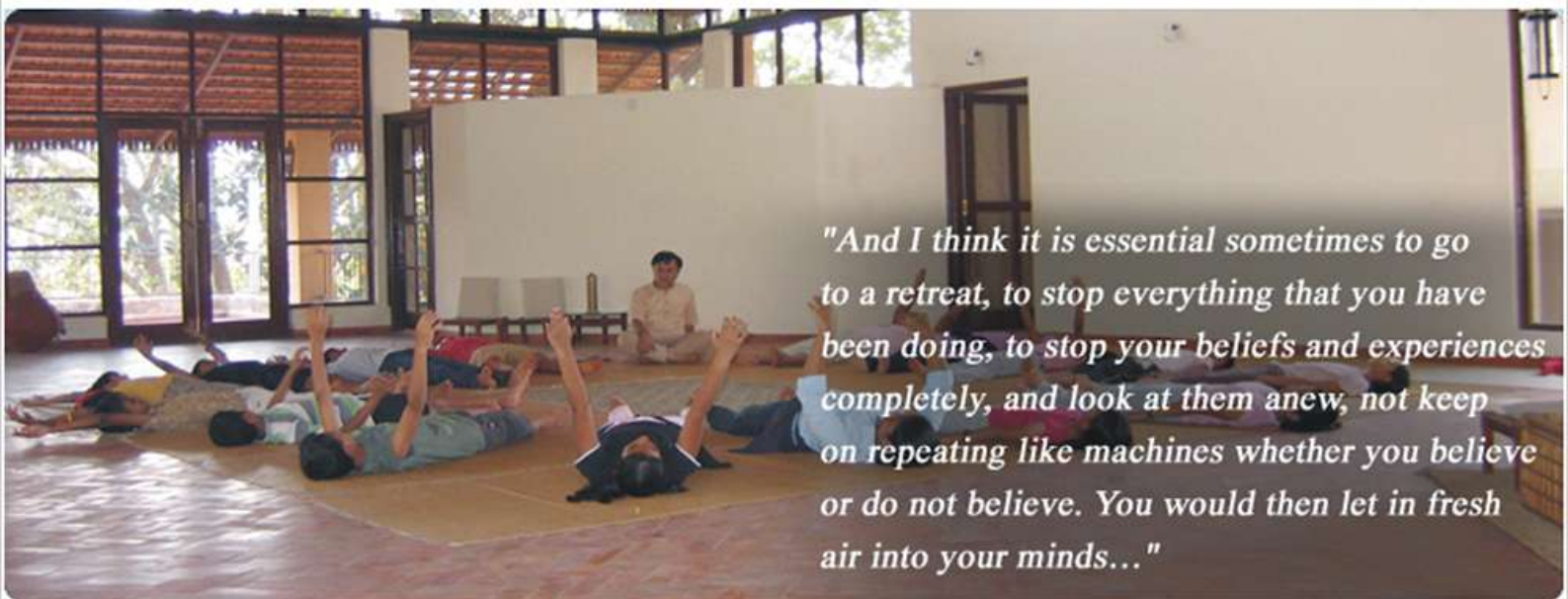
"If you have
no relationship with nature,
you have
no relationship with man."
-J.Krishnamurti

Art activities



Body Awareness

"To be aware is to watch your bodily activity,
the way you walk, the way you move,
the way you sit, the movements of your hands...
You have to be aware of all that..."
-J.Krishnamurti



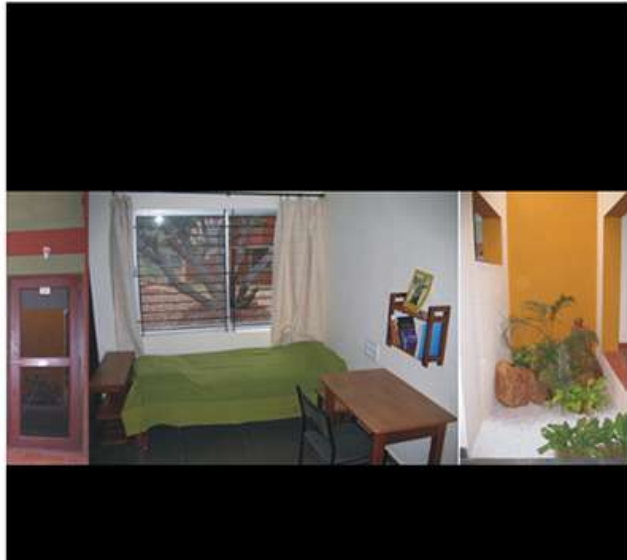
"And I think it is essential sometimes to go to a retreat, to stop everything that you have been doing, to stop your beliefs and experiences completely, and look at them anew, not keep on repeating like machines whether you believe or do not believe. You would then let in fresh air into your minds..."



Quiet Sessions
Quiet Sessions

Quiet Sessions
Quiet Sessions





Accommodation options

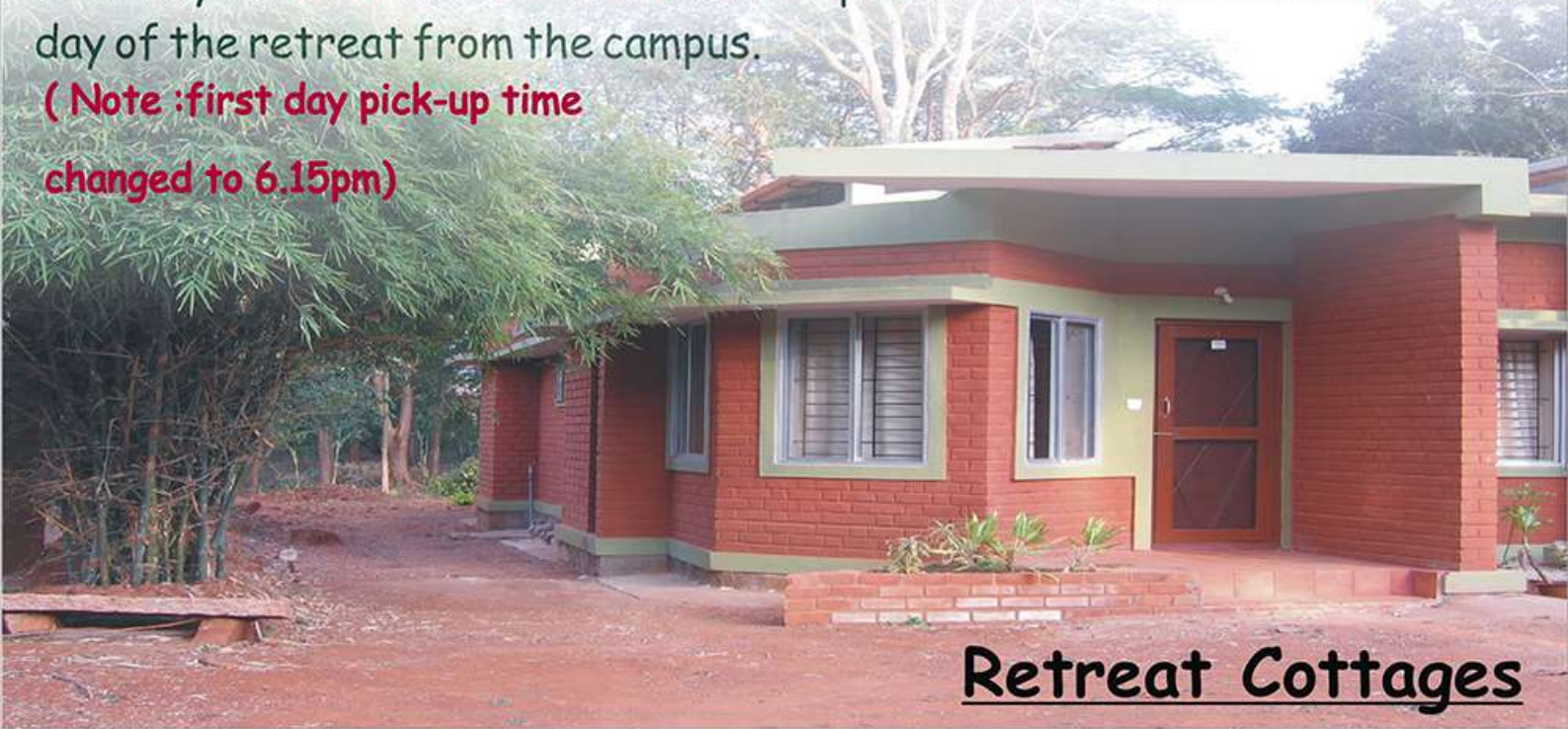


Individual / Twin -sharing

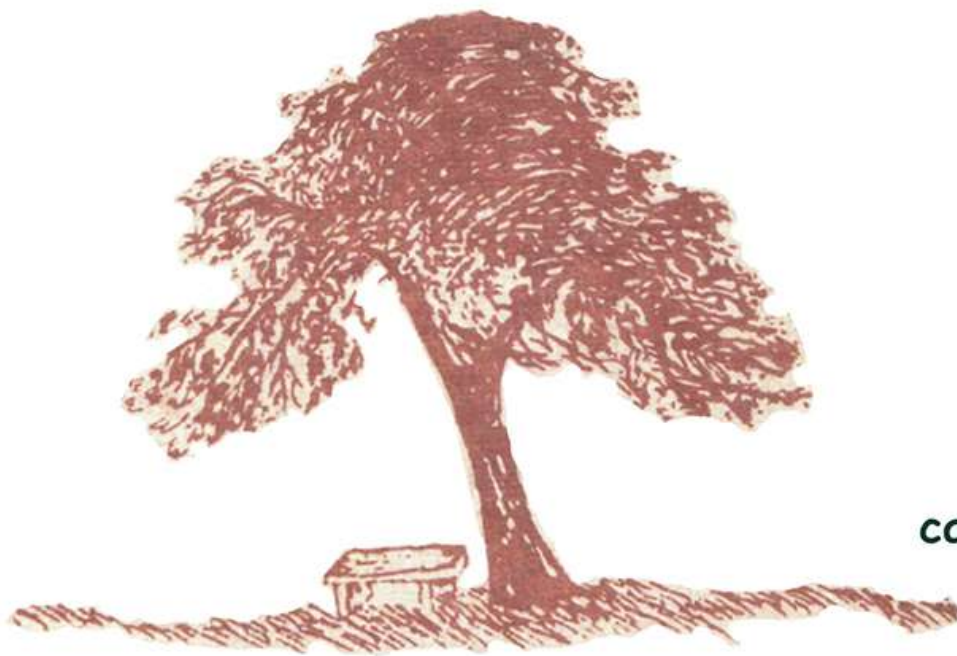


Study Retreats: The retreats are held during the **second weekend of every month** starting on **Thursday evening** and ending on **Sunday evening**, so that people who are working have to **take only one day off**. Transportation will be arranged for group **pick-up** from Jain Temple, **4th Block, Jayanagar**, Bangalore. The time of pick-up will be **6:30 PM** on the first day of the retreat. The time of departure will be **5:00 PM** on the last day of the retreat from the campus.

(Note :first day pick-up time
changed to 6.15pm)



Retreat Cottages



"Self knowledge is the beginning of wisdom. To transform oneself, self knowledge is essential; without knowing what you are, there is no basis for right action and without knowing yourself there cannot be transformation.

- J.Krishnamurti

www.kfistudy.org

The Study Centre (KFI), Valley School Campus, Ph:8317419451 / 9482641389
17th km, Kanakapura Road, Bangalore-62. E-mail: kfistudy@gmail.com

Comments by retreat participants:

"I feel this retreat is aptly designed for both, people who have been exploring Krishnamurti's teachings for years, as well as for people who are newly being exposed to the teachings to intensely explore oneself.

-Pai, Banker, SBI, Belgaum



"This retreat gave me a chance to explore Krishnamurti's teachings more intensely and not only that, it gave me a chance to actually experiment with what it means 'to observe', 'to watch', 'to be attentive' by engaging myself in meaningful and thoughtful activities like 'Nature walks', 'Reflections', 'working with clay', 'Games', 'Body awareness' and 'Quiet sessions'."

-Prashant N Udupa, Founder & MD, V-Create Logic Pvt.Ltd., Bangalore



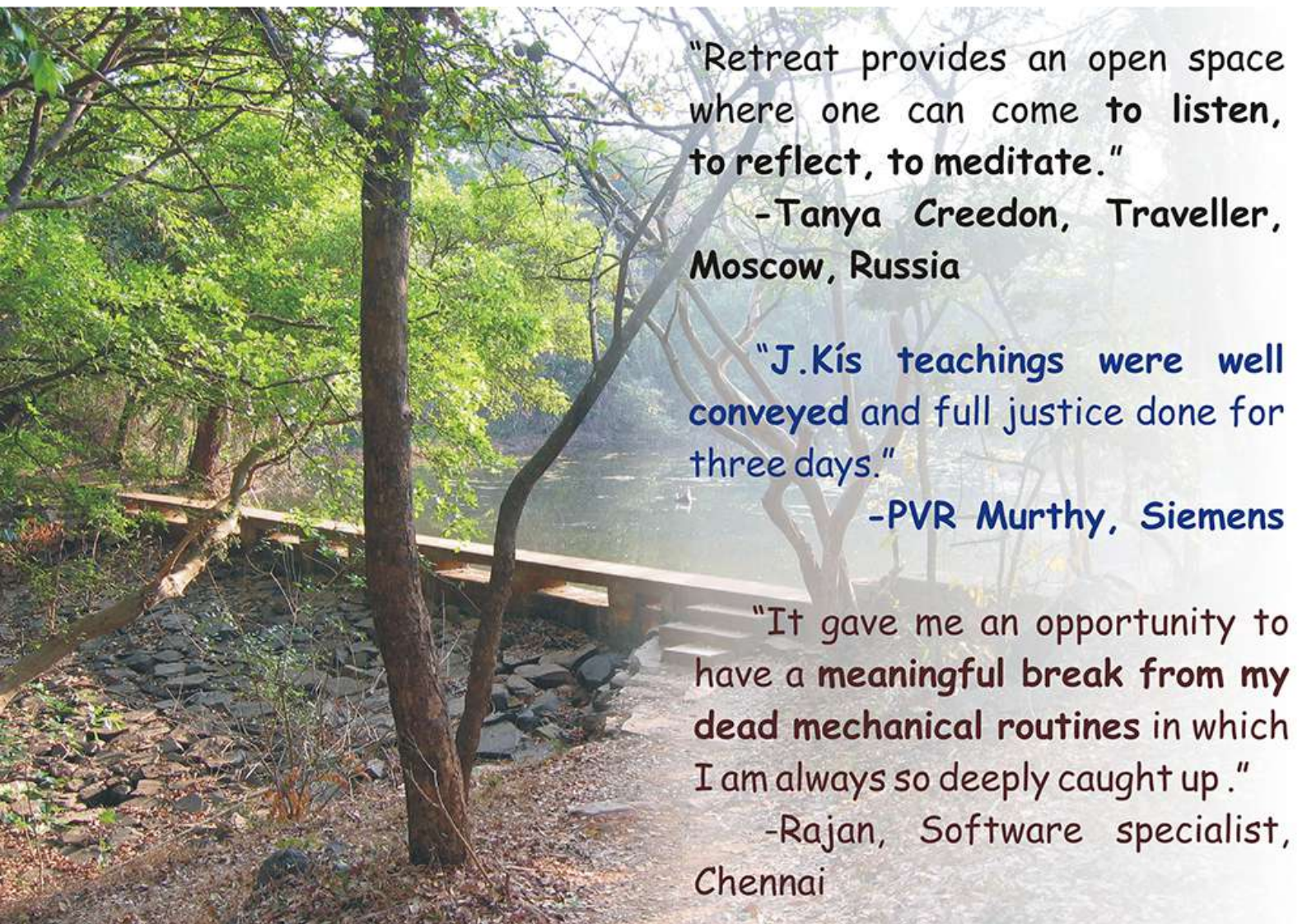
"The spirit with which the retreats are conducted are truly amazing... The sense of exploration, openness, friendliness, care, togetherness, & intensity with which the retreats are conducted is truly heartening. I really liked the fresh 'non-facilitator centered' approach."

-Ish Mohini, MSW,
New Delhi



"I have attended several retreats and gatherings all over India, I must mention that this retreat was **very different in every way**. The new 'experiential' approach, the facilities, food, and the amazing activities helped me to learn about myself. Just wonderful. Keep it up".

-George, Senior Officer, Chennai Corporation



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

-Tanya Creedon, Traveller, Moscow, Russia

"J.Kís teachings were well conveyed and full justice done for three days."

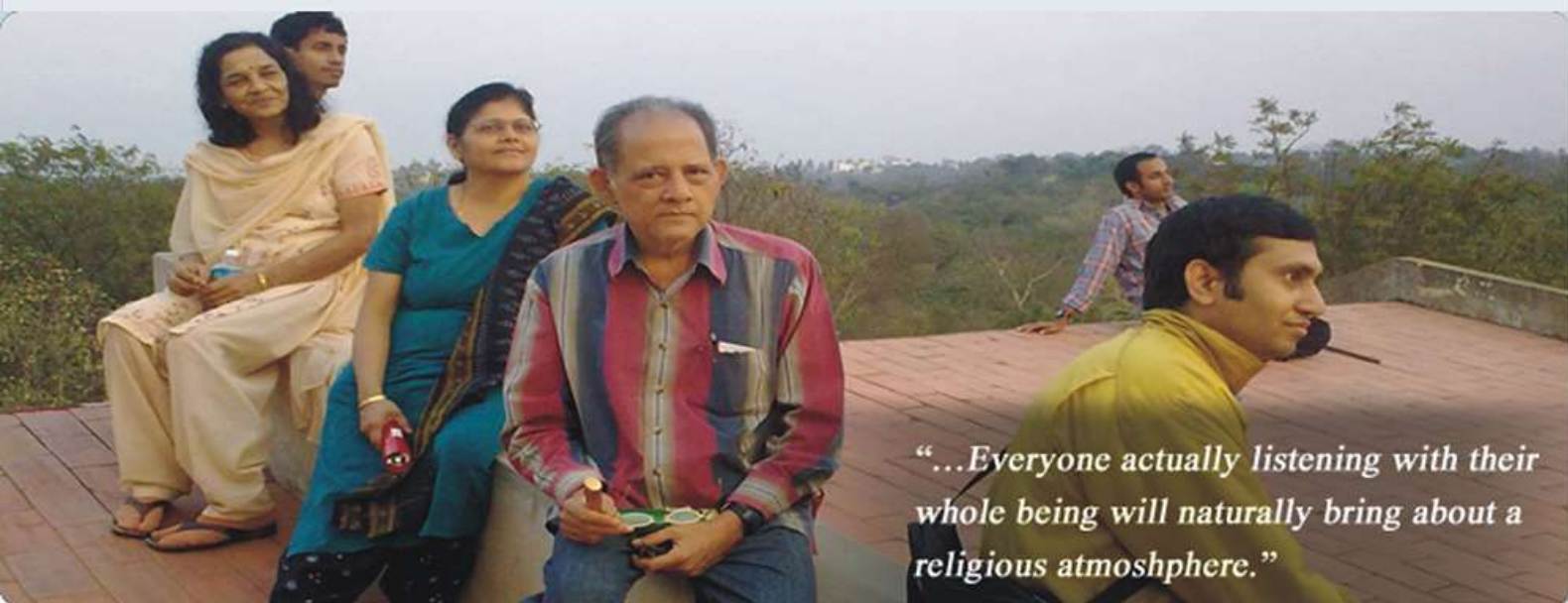
-PVR Murthy, Siemens

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

-Rajan, Software specialist, Chennai

"The beauty of this retreat is 'it is not just another futile intellectual process' - it gives one ample space and opportunity to explore oneself 'as one is' and to actually experiment with the teachings by involving oneself in daily life activities like 'observing oneself while eating', 'while moving around', 'while talking', 'while colouring', 'while engaging oneself in a dialogue', 'while playing a game'."

-Sowmya Sandeep, Fitness expert & Coach, Fitness Cube, Bangalore



"...Everyone actually listening with their whole being will naturally bring about a religious atmosphere."