

# Sri Sakthi Amma's

## Connect with the Divine Retreat

**15-day intensive spiritual retreat, with Sri Narayani Puja Initiation (Deeksha)**

Peedam, India

16-24 November 2019



*"The ultimate purpose of the retreat is to create space and opportunity to connect with the Divine."* Sri Sakthi Amma

### **Retreat Summary:**

Through the grace and blessings of Sri Sakthi Amma, all devotees are invited to participate in this 9-day 'Connect with the Divine' intensive retreat which has specifically been modified for Chinese devotees. ***This is a bi-lingual retreat and all sessions will be translated into Mandarin.***

By immersing into the Divine spiritual energy and environment of Peedam, and the ancient Vedic practices of mantra, pranayama, yoga, meditation and puja, participants will cultivate spiritual wisdom and a deeper connection with the Divine, under the guidance of Sri Sakthi Amma, the avatar of the Goddess Narayani.

A highlight of this intensive retreat, will be the opportunity to receive ***Sri Narayani Puja Deeksha***, an initiation into the practice of puja offered to devotees through the empowerment and grace of Sri Sakthi Amma Narayani. All initiates will receive an individual Sri Narayani statue, which will be the first time Sri Narayani Devi statues will be made in accordance with Beloved Amma's design and intentions for the blessing and benefit of Her Devotees. These Narayani statues will only be made available for retreat participants.

A focus of the retreat classes, will be learning about spiritual practices to connect us with the Divine through our soul's energy utilising puja, chanting, yantra, meditation and our intention, to heal ourselves and others. These practices have been given specifically by Sri Sakthi Amma, and will be taught to participants throughout the retreat.



## Retreat Program:

Through the blessings and guidance of Sri Sakthi Amma, the retreat schedule will include opportunities to learn, practice and connect deeply with the Divine.

Morning practices: Our morning practices will include using the ancient yogic breathing techniques of Pranayama, gentle Asana Yoga movements, and a silent meditation to settle the mind, find inner peace and open the heart to the Divine connection.

Puja Classes “Puja takes the soul closer to the Divine”



During our puja classes, we will deepen our connection with this practice, and in particular with the **Sri Narayani Puja**, in preparation for the Deeksha. We will become familiar with the devotional ritual of Abishekam (bathing of an enlivened deity) and practice the use of mantras during puja, to coalesce Divine vibrations.



Wisdom Teachings: During the retreat we will have daily sessions to explore a number of wisdom topics as published in the ‘Connect with the Divine’ books and guided by Amma.

Mantra Classes Each day, we will deepen our practice mantras, exploring the use of various Gayatri mantras, the Narayani moola mantra, as well as healing mantras given to us specifically from Sri Sakthi Amma for the retreat.

## About Amma



Sri Sakthi AMMA is the Avatar of the Goddess Narayani. Devi Narayani has incarnated in this Kaliyuga (age of darkness) to help restore the balance of dharma and reconnect humankind to spirituality and their inherent Divinity. Goddess Narayani comprises the trimurti Durga Devi, Lakshmi Devi and Saraswati Devi.

Sri Sakthi AMMA’s mission is to lead humanity on the path of spirituality and to implement social welfare programs for the underprivileged and serve those in need.

## Retreat Location/ Facilities

The ‘Connect with the Divine’ retreat will be held at Sri Narayani Ayurvedic Centre in Peedam with accommodation being provided at Kamalanivas Guest House.



\* Depending on availability, it may be possible to extend your stay at the Ayurvedic Centre and book into a Panchakarma Program. Please indicate on Registration Form A if you would like to enquire about the programs, rates and availability.

## Retreat Facilitators

Through the blessings and invitation of Sri Sakthi Amma, long term devotees who embody the teachings and practices will facilitate the retreat sessions. The November Retreat facilitators are:

### Jagatambe Narayani



Dr Jagatambe Narayani is an integrative clinical psychologist, wisdom teacher and expert healer, with over a decade of experience, who combines her training with the teachings and practices of Sri Sakthi Amma and her extensive wisdom of Vedic philosophy and Bhakti Yoga to provide deep transformation in a specialist supportive environment.

### Lou Plante



Lou is a trained yoga teacher, specialising in Traditional, Therapeutic and Nidra Yoga, with over 10 years experience. She is also a qualified Pranic Healer. Lou is currently living in Peedam, and conducts Yoga Teacher Training courses, Yoga Therapy workshops, Thai massage course as well as Yoga and Meditation retreats around the world.

## Food and dietary needs

All meals, drinks and snacks will follow a low spice, vegetarian, Indian Ayurvedic menu. Most dietary needs can be accommodated with prior notice. Please ensure these are clearly specified at time of full registration.

## Retreat Inclusions

- A beautiful Narayani statue for the Sri Narayani Puja Deeksha
- All spiritual classes covering puja, mantra, and spiritual discourse topics from Amma's *Connect with the Divine* series
- Attendance at various Pujas in Peedam/ Sripuram
- 8 nights accommodation at Kamalanivas Guest House
- All meals: breakfast, lunch, dinner, morning & afternoon tea while on retreat

## Exclusions

The following items are NOT included, and are at participants own cost

- International/ domestic flights to arrive at Chennai
- Indian Visa
- Transport: to and from the airport
- Accommodation before or after the retreat nights
- Sponsorships for pujas not mentioned above
- Travel insurance (highly recommended)
- Meals other than those stated

## # Information regarding retreat flights –

The retreat begins on **Saturday 16 November at 1pm**. All participants need to be at Peedam before this time. The retreat ends on **Sunday 24 November at 11am**.

Transport to and from the Chennai airport can be arranged for participants at a cost of 3000 INR each way (small car). Please indicate on the registration form if required.

### **Inclusive Cost**

The price for this Divine retreat package is **\$1800 AUD (\$ 1250 USD )** in twin share room, or **\$1940 AUD (\$1330 USD)** in single deluxe room

Full payment is required to secure your place in this retreat. Any cancellation will be non-refundable, but may be transferred to another person. As there is a limit of **35** people only for the retreat, a waiting list will be used once places are filled.

### **Ladies Holiday... special notes for women**

Amma has provided advice during the retreat for ladies monthly period (ladies holiday). As it is "detoxification happening monthly in women's body", it is a time when going to temple and holy places is not permitted. The body is also very sensitive and it is therefore best to rest during this time.

Day 1-3: Not to go to any temple or puja, including the Star Path, Ghoshala or food seva.

Day 3: Attendance at Amma's puja when held in Shanti Mandapam only, is now allowed.

Day 4-5: Visiting temples is okay, but no seva inside temple.

*# Please keep these requirements in mind when you book for the retreat.*

### **Registration Process**

- This retreat will be filled on a 'first-come' basis (max 35 people only)
- To register, complete Registration Form A and email to **CWDretreats@sripuram.org**
- On receipt of your form, you will be allocated a registration number (which will be emailed to you within 2 days)
- A waiting list will be created for registrations beyond the max number
- **Full payment is required by Saturday 12 October** to confirm your place in the retreat
- If payment is not made by this date, your place will be offered to the next person on the wait list

Click **[HERE](#)** to download Registration Form of November

Click **[HERE](#)** to download Registration Form of December

For further information, please contact:

*Jan Carey*

*CWD Retreats*

[CWDretreats@sripuram.org](mailto:CWDretreats@sripuram.org)

*Or*

*Siddhi Devi*

[shelleymo@gmail.com](mailto:shelleymo@gmail.com)

*In Amma's loving service*