

Anand Vihar Retreat

31 May to 02 June

By J.Krishnamurti Self Education Society

Welcome to a weekend retreat focused on self-knowledge, meditation, and the wisdom of J. Krishnamurti. Krishnamurti felt that there are many people who, because of distractions of occupations, family or other factors in their lives find it difficult to immerse themselves in Oneself.

This retreat is a unique opportunity to delve deep into the teachings of renowned spiritual masters while immersing yourself in the natural beauty of Anand Vihar. It's a journey of self-discovery, introspection, and transformation. Come and experience a profound connection with your inner self and the world around you.

Venue

[Anand Vihar, Badlapur](#)

Anand Vihar, or the Krishnamurti Centre, Badlapur is located at about 7 kms. from Badlapur (West) Railway station and about 65 kms. from Mumbai. The centre was opened on the 1st February 2004 with a newly constructed Hall with library. The Retreat has three twin residential cottages, a dining hall and meditation room.



Why this Retreat?

“Don ’t you also want to go away sometimes to be quiet and take stock of things and not merely become a repetitive machine, a talker, explainer and expounder? Don ’t you want to do that some time, don ’t you want to be quiet, don ’t you want to know more of yourself? All the same, it is good to retreat to be quiet and to take stock of everything that you have done.

And I think it is essential sometimes to go to 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. Wouldn't you?”

- J Krishnmurti

Retreat Highlights

- Offers a compassionate learning space where one ’s deepest essence can unfold and flower.
- Provides a deep rest for the mind, body and heart which is essential for learning about oneself.
- The deep intention of this retreat is not to fill the mind with intellectual knowledge but to awaken a deep source of being, the intelligence of heart and get inspired to live everyday life from the wellspring of pure presence.
- Meditative dialogues and self-inquiry sessions with facilitators and other like minded people.
- Video/Audio screening J krishnamurti on related topics of dialogue or introspection.
- Being one with the beauty and peace of Anand Vihar.
- Live in solitude with or without others.

Facilatator

Facilitator is Shubham Gaikwad. He considered himself as a traveler who is walking on the way pointed by J Krishnmurti, Ramana Maharshi and Shri

Nisargdatta Maharaj. The journey he started some years before without destination, brought him to the world of feeling and experiencing. He is passionate to listen and observe the game of body, mind and nature in present.

He is the founder of '[Feel Free Naturally](#)' organisation which work to spread awareness about Self-Knowledge.

Schedule

Day 1: Arrival and Orientation

- 5:00 PM: Check-in at Anand Vihar
- 5:30 PM: Retreat Orientation
- 8:00 PM: Dinner

Day 2: Exploring Teachings of J Krishnamurti

- 7:00 AM: Morning walk around the Anand Vihar
- 8:00 AM: Breakfast
- 10:00 AM: video/Audio screening with group discussion
- 12:30 PM: Lunch
- 1:30 PM: Silence/Rest
- 4:00 PM: Tea/Coffee/Juice with snacks
- 04:30 AM: video/Audio screening with group discussion
- 7:00 PM: Dinner
- 8:30 PM: Small group dialogue within participants

Day 3: Understanding Oneself

- 7:00 AM: Morning walk around the Anand Vihar

- 8:00 AM: Breakfast
- 9:00 AM: Text reading with group dialogue
- 12:30 PM : Lunch
- 01:00 PM: Retreat Insights and End of Retreat.

What is Dialogue?

“A dialogue is very important. It is a form of communication in which question and answer continue till a question is left without an answer. Thus the question is suspended between the two persons involved in this answer and question. It is like a bud with untouched blossoms . . . If the question is left totally untouched by thought, it then has its own answer because the questioner and answerer, as persons, have disappeared. This is a form of dialogue in which investigation reaches a certain point of intensity and depth, which then has a quality that thought can never reach.”

-J Krishnmurti

Register Now

Last Date of Registration - 25 May 2024

Mobile: + 91 [8698283671](tel:8698283671) (Shubham Gaikwad)
+ 91 [9067215747](tel:9067215747) (Shirish Naik)

Email- jksesbadlapur@gmail.com

website- <https://www.jkses.org>

Address- Anand Vihar, (J K Self Education Society)

[Next to Vrindavan Balak Ashram, Near "*Paramahans Ashram*"]

Off Boradpada Road, before Village Jambilghar,

Fees

Accommodation Room Type	Fees
Double Sharing	2,500 INR per person

(Including Study material, Accommodation, Food for 03 days)

J.Krishnamurti Self Education Society

The J.Krishnamurti Self Education Society, Mumbai is an organization formed in the early nineties by friends residing in and around the city of Mumbai. They have been meeting, holding discussions and conducting gatherings for the last several years.

The Society was formed with the objective of disseminating the teachings of J.Krishnamurti and to give an opportunity to the people interested in his teachings to stay in a quiet, simple place in proximity to nature and to reflect in solitude about the diverse problems faced by humanity.

[Click here to know more](#)

Note-

- Feel free to contact for any query related to transportation, accommodation and program.
- The retreat program may be subject to slight variations to accommodate the group's needs and preferences.
- Participants should respect each other's privacy, space, and personal journey.
- Maintain a quiet and contemplative atmosphere in common areas.
- Emphasize mindfulness in daily activities, maintain a heightened awareness of the present moment.
- Attend all scheduled sessions, as each contributes to the overall experience.
- Be punctual to maintain the flow of the retreat schedule.
- Minimize the use of electronic devices to maintain a focused and present mindset.
- Consider a designated area and time for limited device use if necessary.

- Diet will be **vegan** as per schedule. In case, if somebody want non vegan food during retreat period they can manage outside retreat venue by their own.
- Encourage active participation in all activities,
- Be open to exploring new practices and teachings.
- Encourage responsible and sustainable practices with nature.
- It is on oneself to maintain their confidentiality regarding personal sharing during group discussions.
- Participants are always open to seek guidance from facilitators and ask questions when needed.
- Inform facilitators of any health concerns or special needs in advance.
- Participants should prioritize their well-being and communicate any challenges to the organizers.
- Maintain cleanliness in personal spaces and communal areas.