

# Holistic Spirituality

## “Integrating Jnana & Bhakti in Our Lives”

Registration opens April 15: [HERE](#) · \$25 for the 2-day Workshop

Saturday, June 1–Sunday, June 2, 2024



Swami Atmarupananda joined the Ramakrishna Order in 1969 & spent 14 years in India, engaged in monastic training & scholarly work. The swami has given lectures, retreats, & participated in conferences & interspiritual dialogs throughout the world. He was resident minister of the Vedanta Society of Greater Houston from 2017–2022. In 2022, he was posted to the Ramakrishna Vedanta Center in Gretz, France as President & Spiritual Director.

Swami Sarvapriyananda, a monk of the Ramakrishna Order, is a well-known speaker on Vedanta at various forums, including Tedx, the World Parliament of Religions, Toronto, 2018, & at the UN Headquarters in NY. He was a Nagral Fellow at Harvard Divinity School in 2019–2020. From 2015–2016, he was posted as Assistant Minister to the Vedanta Society of So. CA. In January 2017, the swami became Minister of the Vedanta Society of New York.



### SATURDAY PROGRAM (DAYLIGHT SAVING TIME USA)

([TIME ZONE CONVERTER](#))

9:00–9:15 am:	Welcome & Guided Meditation (“Calming the Lake of the Mind”)—Pravrajika Brahma-prana
9:15–9:45 am:	“ <b>Bhakti—Loving God</b> ”—Swami Sarvapriyananda
9:45–10:05 am:	Guided Meditation / Questions & Answers
10:05–10:35 am:	“ <b>What Advaita Is—and What It is Not</b> ”—Swami Atmarupananda
10:35–10:55 am:	Guided Meditation / Questions & Answers
10:55–11:15 am:	Refreshment break (20 min.)
11:15–11:45 am:	“ <b>Learning from the Sage Narada</b> ”—Swami Sarvapriyananda
11:45 am–12:05 pm:	Guided Meditation / Questions & Answers
12:05–12:35 pm:	“ <b>Catching a Glimpse</b> ”—Swami Atmarupananda
12:35 am–12:55 pm:	Guided Meditation / Questions & Answers
12:55–1:25 pm:	Mind-Body Techniques to Release and Restore—Yoga Therapist Sherry Thompson
1:30 pm:	Ceremonial Waving of the Lights

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### SUNDAY PROGRAM (DAYLIGHT SAVING TIME USA)

([TIME ZONE CONVERTER](#))

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|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10–10:10 am:    | Introduction—Pravrajika Brahma-prana                                                                                                                                                                          |
| 10:10–10:40 am: | “ <b>Full-on Practice</b> ”—Swami Atmarupananda                                                                                                                                                               |
| 10:40–11 am:    | Guided Meditation / Questions & Answers                                                                                                                                                                       |
| 11–11:30 am:    | Break                                                                                                                                                                                                         |
| 11:30–12 pm:    | “ <b>Japa—Power of the Divine Name</b> ”—Swami Sarvapriyananda                                                                                                                                                |
| 12–12: 20 pm:   | Guided Meditation / Questions & Answers                                                                                                                                                                       |
| 12:20–1:30 pm:  | Lunch break                                                                                                                                                                                                   |
| 1:30–1:40 pm:   | Guided Meditation—Pravrajika Brahma-prana                                                                                                                                                                     |
| 1:40–2:10 pm:   | “ <b>We Have No Dispute with Anyone</b> ”—Swami Atmarupananda                                                                                                                                                 |
| 2:10–2:30 pm:   | Guided Meditation / Questions & Answers                                                                                                                                                                       |
| 2:30–2:50 pm:   | Yoga Break—Yoga Therapist Sherry Thompson                                                                                                                                                                     |
| 2:50–3:20 pm:   | “ <b>Love and Freedom from Anxiety</b> ”—Swami Sarvapriyananda                                                                                                                                                |
| 3:20–3:40 pm:   | Guided Meditation / Questions & Answers                                                                                                                                                                       |
| 3:40–4 pm:      | <b>Concluding Questions &amp; Answers / Remarks</b> <ul style="list-style-type: none"><li>· Swami Atmarupananda (5 min)</li><li>· Swami Sarvapriyananda (5 min)</li><li>· Both Swamis (5 min. each)</li></ul> |
| 4–4:15 pm:      | Wrap-up Session by the Swamis                                                                                                                                                                                 |
| 4:15 pm:        | Closing Peace Chant                                                                                                                                                                                           |

Tickets available April 1, 2024: [Eventbrite https://holisticspirituality-2024.eventbrite.com](https://holisticspirituality-2024.eventbrite.com)  
Online Workshop fee: Saturday & Sunday \$25/person & single device (includes both days)

SAT. & SUN. LINK: <https://us02web.zoom.us/j/5824888542?omn=84609432535> · Meeting ID: 582 488 8542  
Single Passcode for both days to be emailed to those registered through Eventbrite no later than May 30, 2024