



A Vision of Truth and Beauty: VishnuSahasranamam

A weekend retreat at the Albany Hindu Temple

Teachers: Dr. Krishnan Ramaswamy, Dr. Indu Shivaram, Music by Dr. Ramanath

Friday Oct 27 - Sunday Oct 29, 2017

For thousands of years, this Hymn from the Mahabharata has been beloved of Hindus from all walks of life and across the world. Many of us chant these rewarding names, and know the blessings it brings. Yet these verses have endured because they reveal a Vedic vision of stunning glory that is immediately personal and liberating. Over several classes this weekend we will explore and understand what the names of the Lord reveal about the nature of reality. Perhaps for you as for me, they will begin a new chapter in your life. We will integrate Classical Music, Chanting, Meditation & the Temple Puja with the classes.

Friday, Oct 27: 7:30 to 9 pm - **Presentation on Angkor Wat** in HCC auditorium

Saturday, Oct 28:

8:30 - 9 am - Guided Meditation

9:30 - 10:30 am - Class

11:00 - noon - Class

12:30 Aarati followed by prasad (lunch)

4:30 - 5:15 pm - Class

5:30 pm Sahasranamam Chanting (at the temple)

6 -7 pm Puja followed by prasad (dinner)

7:30 - 9 pm Satsang and Classical music

Sunday, Oct 29:

8:00 - 8:30 am - Guided Meditation

9:30 to 10:30 am - Class

11:30 to noon - Class - close with Vishnu Sahasranamam chanting and aarati

1 pm - Brunch at HCC