



VEDANTA CENTRE OF SYDNEY
(BRANCH OF RAMAKRISHNA MATH)

A SPIRITUAL RETREAT

with

Swami Sarvapriyananda



Friday 21 — Sunday 23 August 2026

*Baden-Powell Activity Centre
(Pomona St, Pennant Hills NSW 2120)*

A weekend of stillness, study and Self-enquiry, drawing on the teachings of Advaita Vedanta. Set amid the bushland tranquillity of Pennant Hills, the retreat offers talks, guided meditation, silent reflection and satsang — an invitation to step back from daily life and turn within.

SWAMI SARVAPRIYANANDA'S SESSIONS

The Seer and the Seen
Reflected Consciousness
Nonduality
The Six Meditations
The Art of Purifying and Concentrating the Mind
Guided Vedantic meditation
4 Q&A Sessions

OTHER ACTIVITIES INCLUDE

Dawn chanting & silent meditation
Nature walks, rest and quiet contemplation
Evening prayers and satsang

तन्नो हंसः प्रचोदयात्

“May that Swan (the Supreme Self) inspire and guide us.”

FULL RETREAT PROGRAMME

Baden-Powell Activity Centre, Pennant Hills · 21–23 Aug 2026

FRIDAY, 21 AUGUST

1:30 - 2:30 pm	Registration, familiarisation & refreshments
3:10 pm	Assembly at the main hall
3:15 - 3:45 pm	Introduction, housekeeping & video about the Mission
3:45 - 5:00 pm	Talk 1: The Seer and the Seen
5:15 - 5:45 pm	Q & A (interactive session)
6:00 - 6:45 pm	Evening Prayers
7:00 - 8:00 pm	Dinner
8:00 - 9:00 pm	Talk 2: Reflected Consciousness
9:00 - 9:30 pm	Hall open for your own meditation
9:45 pm	Lights out

SATURDAY, 22 AUGUST

7:00 - 7:15 am	Chanting and silent meditation
7:15 - 8:15 am	Breakfast
8:15 - 9:15 am	Guided Vedantic Meditation
9:15 - 9:45 am	Q & A (interactive session)
10:00 - 11:00 am	Tea and stroll in nature (walking tracks)
11:00 - 12:00 pm	Talk 3: Nonduality
12:00 - 12:30 pm	Q & A (interactive session)
12:30 - 1:30 pm	Lunch
1:30 - 2:30 pm	Rest / contemplation / individual reading
2:30 - 3:00 pm	Reading: Practical tips on spiritual life
3:00 - 4:00 pm	Tea
3:30 - 4:30 pm	Talk 4: The Six Meditations
4:45 - 5:15 pm	Q & A (interactive session)
6:00 - 6:45 pm	Evening Prayers
7:00 - 8:00 pm	Dinner
8:00 - 9:00 pm	Talk 5: The Art of Purifying & Concentrating the Mind
9:00 - 9:30 pm	Hall open for your own meditation
9:45 pm	Lights out

SUNDAY, 23 AUGUST

7:00 - 7:15 am	Chanting and silent meditation
7:15 - 8:15 am	Breakfast
9:00 am	Departure