

soul

karmic holiday

This May, instead of rushing to a mountain resort, head inside yourself for a truly uplifting vacation with one of these spiritual programmes

Isha Foundation

Try the 'Inner Engineering' programme, which offers tools to re-engineer one's self through yoga, guided meditations and the sacred Shambhavi Maha Mudra. When: May 14–17. Where: Velliangiri Foothills, Coimbatore. Call: 0422-2515421. E-mail: maa.karpoori@ishafoundation.org.

Brahma Kumaris

Besides other free courses offered round the year for both adults and children at this value-based university, the three-day programme 'The Four Faces of Woman' intrigued us. It explores the four identities in a woman's subconsciousness, which influence her sense of self: The eternal, traditional, modern and the face of the Shakti – which finally symbolises power, self-respect, and transformation. Where: Mount Abu, Rajasthan. Visit: www.brahmakumaris.com. E-mail: mediapr@bkmmail.org. Call: 09414151111 / 9351053999.

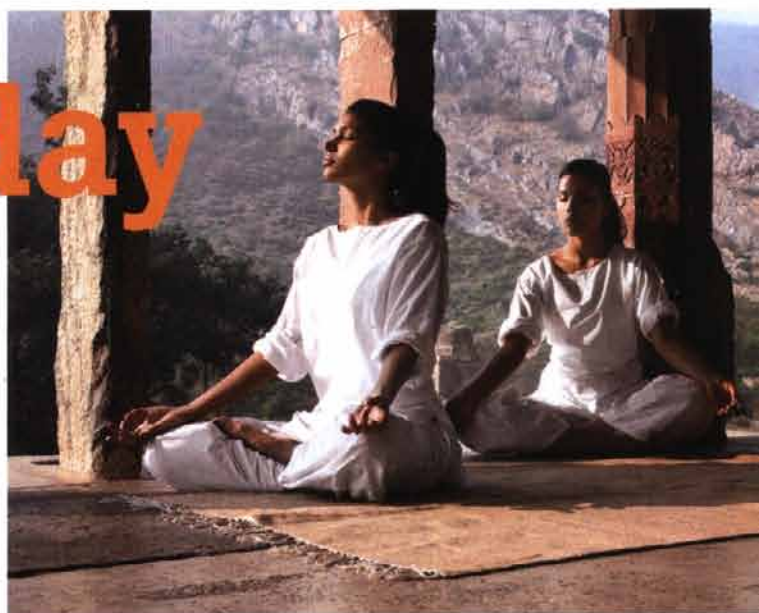
Art of Living

Combining knowledge sessions, yoga, pranayama, meditation and Sudarshan Kriya, the Art of Living Part 1 course uses the power of breath to dissolve stress, making your experience fullness of life. Call: Mumbai: 022-31099999; Delhi: 011-26611097; Kolkata: 033-24631018; Chennai 044-42073322. The Art of living International Centre in

Bengaluru (080-28432273) has the three-day basic course every weekend (Friday to Sunday).

Oneness UniverCity

The World Oneness Centre conducts residential health, wellness and lifestyle management programmes for a holistic healing of body, mind and consciousness. Enrol yourself for the Oneness Health Course for understanding your mind-body connection; or the Mahadeeksha, which helps you free yourself of limiting past conditioning. Both are six-day courses, scheduled every week in May. Or try the two-day Oneness Corporate BreakThru course starting May 9 in Hyderabad and May 16 in Vapi. Visit www.onenessindia.org. Call: 9000991042.



Osho

The OSHO Ashram in Pune offers 'Amazing Wellness Weekend Packages' for summer (2N/3D, Rs 10,000 for first-time single visitor, Rs 14,600 for couple). Or try the Primal Rebirth programme (May 6–10); Meditation Training (May 8–10); Self-hypnosis for Meditation (May 10–16); or Born Again (May 17–23). Visit osho.com/multiversity. Call: 020-66019999 (ext. 312). E-mail: guesthouse@osho.com.

Vipassana

Vipassana, an ancient form of meditation, is taught at 10-day residential courses, which require serious work on the self, while observing rigorous discipline and silence. There are numerous Meditation Centres all over India and the world, each with its own schedule of courses. Some starting dates for May are: Delhi (011- 26452772), May 6, May 20; Dharamsala (01892-221309), May 1, May 15; Ahmedabad (02714-294690), May 13, May 27; Kolkata (033-22423225), May 13; Bengaluru (080-23712377), May 1, May 15. Visit www.dhamma.org. ■