

Sathya Sai Annual Regional Retreat 2016

University of South Florida, St. Petersburg, Florida

Practical Spirituality

**Living the Message of
Sathya Sai Baba**

May 27th - 30th, 2016

Memorial Day Weekend

Register @ www.sairegion3.org/retreat/



TIME	FRIDAY	SATURDAY	SUNDAY	MONDAY
5:30 AM	<div>“Be ever watchful to see that you strive to take in more and more of GOD into you”.</div> <div>BABA</div>	Wakeup Bell	Wakeup Bell	Wakeup Bell
6:00 - 6:30 AM		Aum Chanting, Awakening Prayer (DAV 130)	Aum Chanting, Awakening Prayer (DAV 130)	Aum Chanting, Awakening Prayer (DAV 130)
6:30 - 7:00 AM		Neighborhood Singing Walks	Neighborhood Singing Walks	Neighborhood Singing Walks
7:00 - 8.00 A.M.		Breakfast	Breakfast	Dr. Shashank Shah (DAV 130)
8.00 - 8:40 A.M.		Devotional Singing (Grand Ballroom)	Devotional Singing (DAV 130)	Devotional Singing and Conclusion (DAV 130)
8:40 - 9.00 A.M.		Welcome and Introduction (Grand Ballroom)	Workshops / YAs meeting with Shashank / Officer’s Meeting (DAV 130 / Harbor Hall)	Wrap-up & Clean-up
9.00 - 10.20 A.M.		Dr. Shashank Shah (Grand Ballroom)		
10:20 -10:50 A.M		Tea / Coffee Break	Tea / Coffee Break	
10.50- 11:00 A.M.		Speaker Introduction (Grand Ballroom)	Assemble for SSE Walk with Values (Campus Grounds)	
11.00 -12:00 A.M.		Dr. Phil Gosselin (Grand Ballroom)	SSE Walk with Values (11:00 - 11:30 p.m.) followed by Group Discussions (11:30 - 12:30 p.m.) (Campus Grounds)	
12.00 - 12.30 P.M.		Regional updates (Grand Ballroom)		
12:30 - 1:45 PM		Lunch	Lunch	
1:45 - 2:00 P.M.	Camp Setup	Assemble for workshops (Grand Ballroom / DAV 130 / Harbor Hall)	Assemble in Grand Ballroom	
2:00 - 3:30 P.M.	Registration (Will continue through Saturday Morning)	Workshops	Group Presentations / SSE Exhibit Walk Through (Grand Ballroom)	
3.30 - 4.00 P.M.		Tea / Coffee Break	Tea / Coffee Break	
4.00 - 5.00 P.M.		Dr. Phil Gosselin (Grand Ballroom)	SSB - His life, Mission and Organization	
5.00 - 6.20 P.M.		Dr. Shashank Shah (Grand Ballroom)	Joint session with Guest Speakers(Grand Ballroom)	
6.20 - 7.00 P.M.		Devotional Singing (Grand Ballroom)	Devotional Singing (Grand Ballroom)	
7.00 - 8.00 P.M.		Dinner	Dinner	
8.00 - 9.30 P.M.	Greetings & Devotional Singing (8:00 - 8:30 p.m.) (DAV 130)	Cultural Programs (Grand Ballroom)	Cultural program (Grand Ballroom) Gratitude / Vote of Thanks	
10:00 PM	Lights Out			



About the Guest Speakers:



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Dr. Shashank Shah

Dr. Shashank Shah is an eminent researcher in the field of Corporate Responsibility and Stakeholder Management Strategy with noteworthy contributions through original ideas and pioneering analyses to his credit.

He completed his PhD and Post-Doctoral Research in the area of Corporate Stakeholders Management at the Sri Sathya Sai Institute of Higher Learning, Prasanthi Nilayam. He has received the Association of Indian Management Scholars International Outstanding Doctoral Management Student Award 2010 at the Indian Institute of Management, Ahmedabad in 2011; and the H.R. College Golden Alumnus Award 2011 for his research achievements from the Sheriff of Mumbai. Bhagavan Sri Sathya Sai Baba awarded him the Governor's Gold Medal for standing first at the

Master of Philosophy Programme in Business Management in 2006; and the President of India Gold Medal for standing first at the MBA Programme at the Sri Sathya Sai University in 2004.

As the Chief Editor and Coordinator of the Sri Sathya Sai University's Publications Division for more than 6 years, he has compiled and edited over 30 books on the Message of the Revered Founder Chancellor, Bhagavan Sri Sathya Sai Baba. Noteworthy among these include: the 'My Dear Students' series of books which cover 108 Divine Discourses for students and youth; the 'Students with Sai: Conversations' series of books which includes conversations between Swami and students during the years 1991 to 2004; the 'Sri Satya Sai Digvijayam' series of books which cover's Swami's life and journeys from 1926 to 2011; and

revived the 'Sai Nandana' series of books that compiled the students' experiences with Swami between the years 1985 and 2010. He was the main ideator behind the 'Sathya Sai with Students' Blog which has crossed a million visits since its inception in September 2012. Between 2012 and 2014, he served as the Joint Secretary and Treasurer of the Sri Sathya Sai Students and Staff Welfare Society at Prasanthi Nilayam.

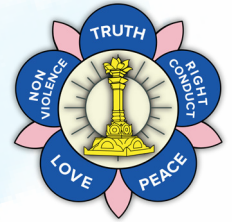
Between 2002 and 2010, Dr. Shashank was blessed by Swami to address large gatherings of students, youth and Sai devotees on over 25 occasions at Prasanthi Nilayam, Brindavan, Chennai and Kodaikanal in the Divine physical presence. Over the last 15 years, he has addressed youth conferences of Sri Sathya Sai Seva Organisations from the states of Kerala, Himachal Pradesh, Delhi, Uttar Pradesh, Uttarakhand, Gujarat and Rajasthan.

Between 2005 and 2015, he was a keynote speaker at the World Youth Conference, All India Vice-Chancellors' Conference, All India Bal Vikas Alumni Conference, All India Conference of District Presidents and Senior Office Bearers, Middle-Eastern Countries' Regional Conference, and the Far-Eastern Countries' Regional Conference at Prasanthi Nilayam; and the North-Eastern Regional Conference, Mid-Atlantic Regional Conference and the Pacific South Regional Conference at USA, besides talks on various (Contd).

About the Guest Speakers:



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Dr. Shashank Shah (contd.)

other occasions – both in India and overseas. From 1999 to 2002, Dr. Shashank Shah was a Member of the Youth Wing, Sri Sathya Sai Seva Organisations, Mumbai and actively associated with the Education in Human Values Programme of the Institute of Sathya Sai Education, Mumbai.

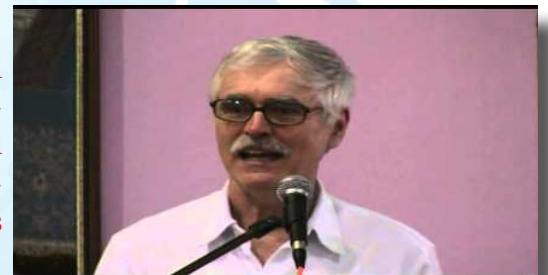


Dr. Shashank Shah currently has a joint appointment as Visiting Scholar at the Harvard Business School; and Project Director and Postdoctoral Fellow at the Harvard University South Asia Institute (SAI), USA. He also serves as the Editor-in-Chief of the Post-doctoral Editors Association, Faculty of Arts and Sciences, Harvard University. Above all, he is blessed to be from a family of Sai devotees from the year 1965 when his great grandmother first visited Prashanthi Nilayam. In the year 1974, Swami physically visited his family residence in Mumbai.

Dr. Phil Gosselin

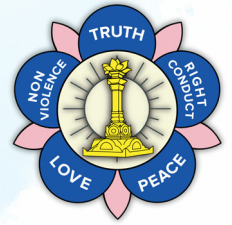
Once a yoga practicing backpacker, Dr. Phil Gosselin had the good fortune to live in the Prashanthi ashram in the year 1971-1972 and again in 1974-75. Dr. Phil Gosselin worked on Wall Street for a number of years, before switching his profession to Clinical Psychology. He was a Professor of Psychology at Union Institute and has been director of the Behavioral Medicine Department at Franklin Medical Center in Greenfield, MA. Currently he lives in Amherst, Massachusetts, USA.

He is currently the Chairperson for Zone 1 of Sathya Sai International Organization. Zone 1 includes the English and Dutch speaking countries of the Western Hemisphere. Earlier, he served as the Central Coordinator of USA Sai Organization and as the USA Central Council President. He is one of the initial USA Central Council members announced by Swami in 1975.



Dr. Gosselin was also one of the founding members of the Manhattan Sai center and other Sai centers in the North-east USA. An account of his professional life on Wall Street is described in the book, The Dharmic Challenge, Putting Sathya Sai Baba's Teachings into Practice.





Workshop 1: Raising Sai Pearls

A workshop on creating the Ideal Environment at Home and the Centre for Sai Children by Kalika Grana.

Sister Kalika Grana holds a Bachelor's Degree in Child Developmental Psychology, a Master's Degree in Education, the North American Montessori Center certifications for Infant and Toddler Montessori education and the Association Montessori Internationale (AMI) certification for both, Primary (3-6 yrs) and Elementary (6-12 yrs) Montessori education. It's worth noting that she is one of few Montessori Directors in Austin to hold all Montessori Diplomas. Mrs. Grana comes from an extended family and long tradition of educators, school principals and Montessori directors.



From 1987 to 1997, Mrs. Grana worked as a teacher assistant, lead teacher and Assistant Director of the Pflugerville Montessori School. In 1997, she designed and managed the concepts behind the Cedar Park Montessori School and the Sapiientia Montessori School, where she has served as Head of School for both schools since. Mrs. Grana has also served as a consultant for the (National) Montessori School Accreditation Committee.

Mrs. Grana has known, visited and served Swami for about three decades. Starting as an SSE teacher at a very young age, Mrs. Grana has hosted many Sai-based workshops on subjects such as parenting, teacher training, the developmental stages of children and various aspects of the Sathya Sai Education in Human Values (SSEHV) curriculum.

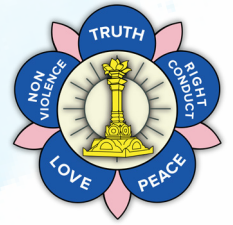
Having also been a member of the national SSEHV committee for about a decade, today Mrs. Grana serves the Chair for Partnership Schools of the Institution of Sathya Sai Education, USA.



Workshops



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Workshop 2: Rhythm of Sai

A workshop on “Utilizing the Power of Khanjira (Tambourine) and Manjira (Cymbals) playing to enhance the quality of Devotional sessions” by Brother Andres Zambrano.

Have you ever wondered what makes a devotional Bhajan session a Powerful one? Is it the singers? the instruments? the chorus? the clapping? Join us in this workshop to learn how to make any devotional singing session a High Energy one, just with instruments that we all can learn easily. A khanjira (tambourine), Manjira (cymbals) and clapping.

Requirements: Bring your own khanjiras and Manjiras or any other percussion instrument with you to this highly interactive workshop. No more than 20 people per session.

Objectives:

- 👤 To empower those who are interested in learning how to play a khanjira or a manjira to support their devotional singing sessions in their respective centers.
- 👤 To learn basic concepts about taal (beat / rhythm) and how they are applicable in devotional singing.
- 👤 Discuss and deeply understand fundamental devotional singing guidelines and its relationship with percussion instruments.

Brother Andres was born in Caracas, Venezuela. He's been part of the Sai Organization since he was born, coming from a family that has been in Bhagawan's fold for over 3 generations. He was a delegate of the 2nd world youth conference in 1999 and 3rd World youth conference in 2007 in Prashanti Nilayam. He participated in the southeast regional pilgrimage in 2007 leading the music program team. He has also participated in several music programs with former Sai students and has conducted several Bhajan workshops in both our region and internationally. He did his studies in the field of Psychology at Florida International University.



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Workshop 3: Life is a Game, Play it!

An interactive workshop on playing games and sports Sai's way by Balu Karanam. Anecdotes and interactive games based on Swami's discourses annual sports day messages.

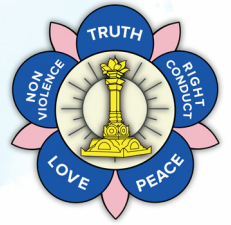
Balasubramnayam (Balu) Karanam was born in a small village near Puttaparthi in the family of Sai devotees. He joined the Puttaparthi village primary school for 4th grade, and continued his schooling in Smt. Eswaramma High school. He then completed his graduate and post graduate degrees from Sri Sathya Sai Institute of Higher Learning, Prasanthi Nilayam.



He joined Johns Hopkins School of Medicine to pursue his research studies in Cancer Biology. He served as the President of the Sathya Sai Center of Greater Baltimore, Maryland and as Regional Devotional Co-ordinator for the Mid-Atlantic Region. Balu is currently working as Assistant Professor in Cancer Biology, and is a regular member of the Atlanta Sathya Sai Center.



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Workshop 4: Meditation Through Mandala

The mandala workshop is a great opportunity for all devotees to experience Swami's Love through Art.

We will use the essence of the meaning of mandala and a guided meditation to create a mandala as an expression of our Love for God. There is no prior experience of any kind that is needed. We encourage all devotees to come and experience the innocent joy in art, the simplicity of making every act Divine and most of all the Bliss of God's Love.

This workshop is conducted by Atlanta center members: Darshana Patel, Usha Ganti, Sharad Kusum, & Nadini Chennur.

