

INFORMATION FOR INTERSTATE AND OVERSEAS DELEGATES

Geeta at a Glance

With His Holiness Pujya Swami Tejomayanada

MELBOURNE AUSTRALIA

26 April to 1 May 2012



Hari Om!!

Welcome to interstate and overseas delegates!

What you will find on this booklet:

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1. Accommodation:

Holy Cross Centre
207 Serpells Rd
Templestowe 3106
Melbourne, Victoria
AUSTRALIA



2. History:

In 1994, His Holiness Pujya Guruji Swami Tejomayanandaji visited Australia on his first world tour after H. H. Gurudev Swami Chinmayanandaji's Mahasamadhi and his appointment as Head of Chinmaya Mission worldwide. When Guruji visited the Melbourne Chinmaya Mission he stayed at

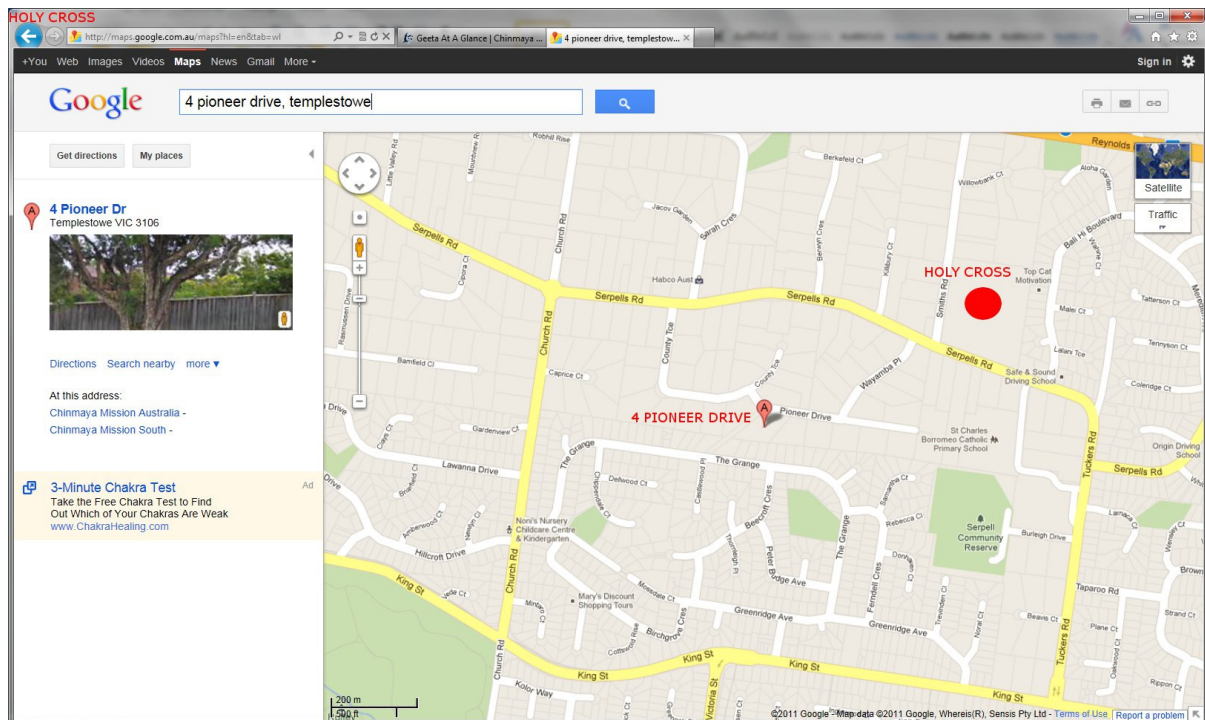
the Holy Cross Centre where he gave talks on Purusha Sooktam and Chapter 15 of the Bhagavad Geeta. So we are thrilled to offer you the same accommodation at this beautiful and auspicious monastery that is within walking distance from the Melbourne Ashram, “Chinmaya Dham”.

3.Holy Cross Centre:

The Holy Cross Centre is a Catholic Monastery and chapel, home to a small Passionist community. It is set in beautifully maintained gardens on a large tranquil property, ideal for our spiritual retreat with Guruji. There are many areas for silent meditation and quiet reflection.

4.Location:

- **From the Airport to the Holy Cross Centre:**
Melways reference: Map 34 A7



Address: Holy Cross Centre
207 Serpells Rd
Templestowe 3106

- **From the Holy Cross Centre to the Ashram, Chinmaya Dham:**
Melways reference: Map 33 J7
Only a 5 minute walk away! Refer above map.

Address of the Ashram: Chinmaya Dham
4 Pioneer Drive
Templestowe 3106



5. Accommodation Details:

The Holy Cross Centre has accommodation for **80 people**.

All rooms contain **two single beds**.

All rooms are **centrally heated** and warm and cosy in our cooler autumn weather.

Bathroom facilities are **shared**. Men and women have separate facilities.

There is access for disabled persons as well as a disabled bathroom.

There is a large spacious and comfortable **lounge room** area for delegates to relax in with TV, DVD and CD player as well as a tea and coffee area.

There is a **laundry** available for washing clothes at a small cost of \$2.00 per load (washing powder provided).

There is plenty of on-site **parking**.

A Door Security Code will be given to all delegates for access to the Holy Cross Centre from entrances at any hour.

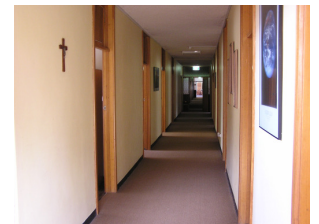
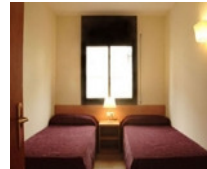
Rooms can be booked as **Single or Double** (ie: shared).

Single: \$90 per night per person

Shared: \$70 per night per person

These costs include:

- **Linen** = 2 sheets, 1 pillowslip, 2 towels (pillow and doonas on each bed)
- Help yourself **tea and coffee** in the lounge room
- **Continental breakfast** each morning



6. Meals for Delegates:

- **Breakfast:**
This will be at the **Holy Cross Centre** in their spacious Dining Room.
It will be a **Continental** breakfast. Self serve.
- **Lunch and Dinner:**
Lunch and Dinner will be served at the Ashram "Chinmaya Dham" in the Balvihar Room.
They will be **Indian meals** catered by local Indian restaurants. Mild chilli and spice.
Coffee and tea will be available at the Ashram.
- All **times for meals** will be indicated on the "Daily Program".

7. What to bring with you:

- Guruji's Visit will be in late autumn and temperatures in Melbourne will vary considerably. Plan for between 8 and 18 degrees celsius. We suggest you bring some warm clothing, a good warm jacket, warm socks. A small fold up umbrella would also be useful!
- Toiletries, medications, a small alarm clock and a torch.
- NO linen or towels are required!
- Driver's Licence (Australian or International) if you intend driving here.
- Any other items

8. Booking Flights:

We suggest you arrange your time off with your employer and book flights well in advance.

Early bird flights may have a significant discount. Travel Insurance is recommended in case of an unforeseen cancellation.

It would be best to arrange for your flights to arrive and depart from Melbourne for times when you can arrange transport to/from the airport easily.

The **Holy Cross Centre** for our accommodation has been booked from:

THURSDAY 26 APRIL 9.00am to WEDNESDAY 2 MAY 3.30pm

You will be flying into MELBOURNE AUSTRALIA. The airport is called Melbourne Airport. We suggest you exchange foreign currencies for Australian dollars at the Exchange Centres at Melbourne Airport on arrival and departure.

9.Transport:

Please note, ***no transportation will be provided by Chinmaya Mission Melbourne.***

The following may be helpful in making your own arrangements

- **Car Rental:**

Make sure you have your Australian Licence or International Licence with you. Here is a link to help you book a car and pick it up from Melbourne Airport on arrival and drop off on departure.

www.webjet.com go to “cars”.

Car rental companies at the airport are:

1. Avis
2. Europcar
3. Budget
4. Hertz
5. Thrifty

- **Taxis:**

Taxi ranks can be found outside all terminals at Melbourne Airport.

A return fare between Melbourne Airport and the Melbourne CBD will cost about A\$80.

If you have a pre-booked taxi there is an additional fee of \$3. All taxis charge a \$2 parking fee for taxis leaving from the airport.

Taxi Companies Contact Details:

1. Yellow 13 CABS
Phone: 13CABS
www.13cabs.com.au to book on-line

2. Silver Top Taxi Service
Call 13 1008
www.silvertop.com.au to book on-line.

This company has Shuttle Vehicles for 5 or more passengers + luggage.

Standard Taxi Rates: \$3.20 flagfall + \$2.00 Phone booking + \$1.62/km

Shuttle Rates: \$3.20 flagfall + \$2.00 Phone booking + \$2.42/km

- **Shuttle Buses to/from Melbourne Airport and Melbourne CBD (Southern Cross Station)**

This service operates 24 hours a day, 7 days a week, buses leaving every 10 minutes during the day and every 30-60 minutes after midnight. Journey takes 20 minutes.

Departures and arrivals: Terminal 1 & 3 at Melbourne Airport

Southern Cross Station (previously Spencer St. Station) CBD.

Approximate costs: Adult 1 \$16(one way) \$26 (return) NB: Ticket valid for 3 months.

Family 1 \$22 (one way) \$36 (return)
(1 adult, 1-4 children)

Family 2 \$36 (one way) \$56 (return)

(2 adults, 1-4 children)

www.skybus.com.au for timetable.

• **Train and Bus Services:**

Here are the train lines in Melbourne.

You will need to get on the Belgrave or Lilydale Lines and travel from Southern Cross Station (here called Spencer St Station) to Box Hill Station.



Metcard fares: effective as of 12 March 2011

Zones		1	2	1 2
2 hour	Full fare	\$3.80	\$2.90	\$6.00
	Concession	\$2.40	\$1.80	\$3.40
Daily	Full fare	\$7.00	\$5.00	\$11.00
	Concession	\$3.80	\$2.80	\$5.80
10 x 2 hour 5 x Daily	Full fare	\$30.20	\$20.80	\$51.00
	Concession	\$15.10	\$10.40	\$25.50
Monthly	Full fare	\$113.00	\$75.60	\$174.20
	Concession	\$56.50	\$37.80	\$87.10
Yearly	Full fare only	\$1202.50	\$799.50	\$1859.00

For Box Hill Station you will need a **Zone 1 & 2 Metcard**

2 hr, full fare or concession.

This ticket can be used on the buses as well.

Alight at Box Hill Station. Ask someone for directions to the **Bus Terminal** directly above the Train Station.

Now you need to take a **National Bus Services** bus Route No. **279**

Box Hill to Templestowe

to the **Holy Cross Centre Serpells Rd Templestowe**. Tell the bus driver you want to go to the **Holy Cross Centre**

207 Serpells Rd Templestowe and he will direct you there.

Here, in brief, are the necessary Bus times to get from Box Hill Bus Terminal to the Holy Cross Centre.

For all other Bus Timetable Information see Mr. Nilesh Morker, the Co-ordinator of Holy Cross Delegates or down load a timetable from www.metlinkmelbourne.com.au

National Bus route 279

Box Hill Bus Terminal to Templestowe via Middleborough Rd (Monday to Friday)

Bus Stop	am	am	am	am	am	am	am	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm
Box Hill	5.42	6.52	7.19	8.17	9.23	10.23	11.23	12.23	1.23	2.23	3.22	3.47	3.57	4.20	4.52	5.15	5.37	6.01	6.22
Holy Cross	6.00	7.10	7.37	8.35	9.42	10.42	11.41	12.42	1.42	2.42	3.46	4.08	4.18	4.41	5.13	5.35	5.57	6.21	6.40

For Box Hill Bus Terminal / Station St Box Hill to Serpells Rd/ Tucker St Templestowe (Holy Cross Centre)

10.On Arrival at the Holy Cross Centre:

Please proceed to the **Arrivals Desk at the Main Entrance.**

Mr. Nilesh Morker will welcome you, give you a **small booklet** with all the details you need to know for your stay with Chinmaya Mission Melbourne. This includes a floor plan of the Holy Cross and the Security Door Code. He will allocate your **rooms** to you and ensure you are settled in and familiar with the venue, meal arrangements etc.

Mr. Nilesh Morker will be living in at the Holy Cross Centre for the duration of Guruji's Visit and will be the **Co-ordinator for all Holy Cross Delegates** to serve your various needs.

11.Talks by Guruji Swami Tejomayanandaji and Swami Swaroopanandaji:

- **Guruji's Talks:**

His Holiness Pujya Swami Tejomayananda will be conducting a 6 day Jnana Yagna (Discourses) on a summary of the entire Bhagavad Geeta called "**Geeta at a Glance**" The essence of this great wisdom is to learn how to overcome all sorrows and discover a life of freedom and happiness. The Geeta covers a variety of topics such as the art of inspired action, mastering the mind and meditation. This exceptional text will be delivered by an equally exceptional teacher His Holiness Swami Tejomayananda, Head of Chinmaya Mission worldwide.

This is a rare and highly auspicious opportunity not to be missed!

These are **Free Public Discourses.**

Venue: Kel Watson Theatre (Forest Hill Secondary College)

Mahoneys Rd

Burwood East, VIC 3151

Melways Ref: 62 C5

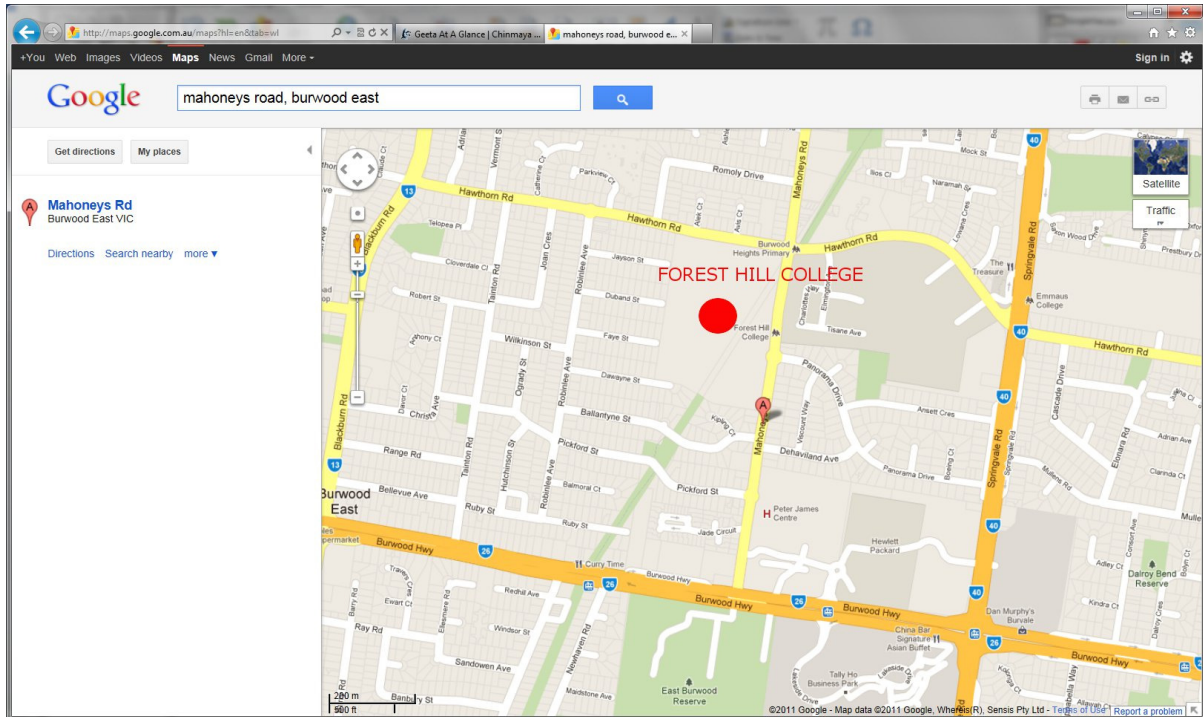
Days: Thursday 26 April to Monday 1 May 2012 (6 days)

Time: 7.30 to 9.00pm

Please arrive at 7.00pm for Presentations on Chinmaya Mission locally and worldwide.

Map for Discourse Venue:





- Swami Swaroopanadaji's Morning Talks:**
 Swami Swaroopanadaji will be conducting morning talks on the Gayatri Mantra called "Meditation through the Gayatri Mantra". Swamiji will explain the meaning and benefit of this sacred mantra in our daily life and teach us how to chant and meditate on it with clarity and depth.
Venue: Chinmaya Dham (Prayer Room)
 4 Pioneer Drive
 Templestowe 3106
Days: Thursday 27 April to Monday 1 May 2012
Time: 9.30 to 10.30am
 Please arrive 15 minutes earlier
Registration: See "Registration Fees and Forms"
Cost: \$130.00 for 5 days or \$30.00 per day.



12. Daily Program:

TIME:	ACTIVITY:	VENUE:
7.30 to 8.00am	Meditation (Optional)	Holy Cross Centre; Corbett Room
8.00 to 9.00am **	BREAKFAST	Holy Cross Centre; Dining Room
9.30 to 10.30am 27 April to 1 May	Morning Talks with Swami Swaroopanadaji "Meditation through the Gayatri Mantra"	Chinmaya Dham: Prayer Room
11.00 to 12noon	Informal Satsang and Q&A with Guruji	Chinmaya Dham

	and Acharyas	
12.00 to 12.30pm	Paduka Puja with Guruji	Chinmaya Dham
12.30 to 1.30pm	LUNCH	Chinmaya Dham
	Informal sitting with Guruji (Optional)	Chinmaya Dham
Afternoon	FREE TIME	Holy Cross Centre
5.30 to 6.30pm	DINNER	Chinmaya Dham
7.00 to 7.30pm	Chinmaya Mission Presentations	Kel Watson Theatre Mahoneys Rd Burwood
7.30 to 9.00pm	Guruji's Evening Discourses "Geeta at a Glance"	Kel Watson Theatre Mahoneys Rd Burwood
	Informal sitting with Guruji (Optional)	Chinmaya Dham
10.30pm suggested	Bed Time & Sweet Dreams	Holy Cross Centre
	Hari Om!!	

** NB: Please note that the Ashram will be open from 9.30am each day
We kindly request that you respect Guruji's need for rest. Thankyou!

13. Daily Paduka Puja (Special Worship of the Teacher)with Guruji:

Each day from 12.00 to 12.30pm there will be an opportunity to sponsor and participate in Paduka Puja for our beloved Gurudev, Swami Chinmayanandaji with Guruji Swami Tejomayananda. If you intend participating in this please indicate your intention on the **Registration Form** and you will be contacted closer to the date of Guruji's visit to Melbourne to finalize all relevant details.

NOTE: All materials for the Paduka Puja will be supplied by the Ashram.

Co-ordinator for Paduka Puja: Mr. Pyare Chhabria 0409 126 519 (M)

14. Registration Fees and Forms:

Fees are outlined below. You can register online and also pay at
<http://www.chinmaya.com.au/melbourne/guruji2012/register>

Geeta at a Glance.....FREE

Accommodation is either Shared* or Single Room**

Full Program.....\$760* or \$880**

- 26 April am to 2 May am 2012. Includes 3 meals per day, Swamiji's Morning Talks and accommodation (shared * or single room **)

Swamiji's Morning Talks for 5 days.....\$130

- 27 April to 1 May 2012

Swamiji's Morning Talks per day.....\$30

Meals & Accommodation per day basis...\$105* or \$125**

- Includes 3 meals and 1 nights accommodation (shared* or single room**). Swamiji's Morning Talks not included.

Lunch & Dinner per day basis only.....\$35

NB: Breakfast is included with accommodation.

Accommodation & Food.....\$630* or \$750**

- 26 April am to 2 May am 2012. No Morning Talks. 3 meals per day & accommodation (shared* or single**)

Deadline date for registration and payment is **April 12, 2011**. Late registrations will incur a surcharge.