

**TO BE ALONE WITH THE LOVE
- ADORATION CHAPEL**



**PRAYER CHAPEL
TO ENSURE REGULARITY OF LIFE**



MEDITATION GALLERY



**MAIN CHAPEL - CENTER OF
LITURGICAL & SPIRITUAL ACTIVITIES**



**SPACIOUS AND CONVENIENT
DINING HALL**



**CONDUCTIVE CLASSROOM
ENVIRONMENT**



LIBRARY FOR SELF STUDY



LIFT ELEVATOR FACILITY



**PLANTS AND POTS THAT
WELCOME YOU EVERY TIME**



**THE BEAUTY
OF RYSHIVANA GARDEN**



**ACCESSIBLE AND HOMELY
RESIDENCE BLOCK**



**GOD EXPERIENCE THROUGH
RETREATS**



THE RIVER - SEA CONFLUENCE FROM THE TOP OF THE HOUSE



CLOSE BY TOURIST ATTRACTIONS

**Infant Jesus Shrine & Joseph Vaz Shrine
Someshwara Beach & Tannir Bavi Beach
Pilikula Biological Park - Zoo, Boating & Park
World Famous Ideal Ice Cream Parlour**

CONTACT US

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INSTITUTE OF SPIRITUALITY
FOR INNER SILENCE AND CONTEMPLATION
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RYSHIVANA

**INSTITUTE OF SPIRITUALITY
FOR INNER SILENCE AND CONTEMPLATION**



Ryshivana, situated in the vicinity of Mangalore, is the nature's bounty with a panoramic view of the valley and the ecstatic scene of the Netravati river flowing into the Arabian Sea. The Centre organizes courses, seminars and retreats for priests, religious and laity. The Centre is also available for others to conduct their own programs.



Ryshivana is managed by the Carmelite Fathers (OCD) of the Karnataka-Goa Province. It has qualified members who are well-trained in Spirituality, Liturgy and Psychology. Many visiting professors also provide their services to our participants in a variety of fields. The principal aim of the Centre is to help everyone to grow in spiritual and prayer life through a systematic training in meditation and contemplation.



Spiritual Renewal Program August - March

for Priests, Religious & Laity

Orientation
 Fundamentals of Prayer Life (Contemplative & Active)
 The Prophetic Vocation of Religious
 Spirituality of the Beatitudes
 Positivity Prescription: Wellbeing and Stress Management
 Liturgical Spirituality
 Prophetic Spirituality
 Mariology: Spiritual Journey with Mary
 The Holy Church: *Mater et Magistra*
 Psycho-Spiritual Integration
 The Bible: The Basics of Its History and Theology
 Spiritual Discernment
 Johannine Spirituality and the Role of Women in Jesus' Life
 Ethical Challenges in Spirituality
 Biblical Discipleship
 Jesus the Sadguru: Christological Investigations
 Women Saints and Mysticism
 Mass Media- Challenges and Skills
 Eucharist: Source and Summit of Christian Life
 Emotional Integration and spiritual Maturity
 Aging Gracefully
 Discernment of Spirits: Understanding the Spiritual World
 Schools of Spirituality and Masters of Spiritual Life
 Spirituality of Women Religious in the Church
 Treasures of Indian Spirituality
 Spiritual Growth: Being Your Higher Self
 Spiritual Wealth of the Psalms
 Suffering and Sanctification as Science of the Cross
 Group Dynamics: Community Building Skills
Retreat

Your Jubilee Year is...

A one time opportunity

(Intensive Spiritual Animation for Jubilarians)

Week 1: Aging Gracefully

Week 2: Martha and Mary: Paths of Spiritual Integration in a Busy Apostolate

Week 3: Challenges of Consecrated People: Queries and Answers

Week 4: Jubilee Retreat: "For it is a Jubilee; It shall be Holy to You" (Lev 25:12):
 A Time to Start Afresh

WEEKEND WITH JESUS

A ONE DAY SPIRITUAL PROGRAM FOR THE LAITY

Every 4th Weekend from Saturday afternoon to Sunday Evening 4 PM

Meditation Training | Spiritual Interactions | Confessions | Counselling
 Food & Accommodation, Individual Rooms for individuals & Families

SUMMER PROGRAM

April Month of Spiritual Integration | May Month of Inner Healing Special

HOLIDAY SPECIAL RETREATS

Dussehra Holidays in October | Dipavali Holidays in November
 Summer Holidays Retreats

RYSHIVANA GIVES YOU...

- SPIRITUAL RENEWAL COURSES - WEEKLY, MONTHLY, THREE MONTHS, SIX MONTHS & EIGHT MONTHS
- GUIDED CONTEMPLATIVE RETREATS
- PERSONAL RETREATS
- SPIRITUAL DIRECTION & GUIDANCE
- COUNSELING
- CONFESSIONS

FACILITIES @ RYSHIVANA

- VENUE FOR CHAPTERS, SEMINARS, RETREATS, COURSES
- SELF-CONTAINED WELL-FURNISHED ROOMS
- CONFERENCE HALLS WITH LED TV
- FOUR CHAPELS FOR PRAYER AND ADORATION
- OPEN GROUND FOR OUTDOOR ACTIVITY
- WALKING/JOGGING TRACK
- HOT WATER FACILITY
- HEALTHY HYGIENIC FOOD
- OPEN SPACE WITH SCENIC BEAUTY TO MEDITATE AND RELAX
- INDEPENDENT HOUSE / ROOM FOR FAMILY STAY

HOW TO REACH RYSHIVANA

- TRAIN STATION- MANGALORE CENTRAL OR MANGALORE JUNCTION- 10 KMS (20 MINUTES BY AUTO/TAXI)
- MANGALORE AIRPORT- 21 KMS (40 MINUTES)
- BUS STATION- 20 MINUTES. CITY BUS NUMBERS- 44B, 44M, 44R;
 BUS STOP - RYSHIVANA GATE, NEAR RANIPURA CHURCH

SEA & RIVER - ALL IN A SINGLE VIEW FROM THE PORTICO



SEEING THE PANORAMIC VIEW FROM THE TERRACE



THE MARVEL OF THE NATURE SEEN FROM THE TOP OF RYSHIVANA



GLORIOUS VIEW OF THE INSTITUTE FROM THE RIVER SIDE



YOGIC SETUP OF PATH-WAY (PEBBLES, SAND, SOIL, GRASS FOR A HEALTHY BODY)



OPEN GROUND FOR OUTDOOR ACTIVITIES...



Relax
 Rejuvenate
 Refresh