



HOW TO REACH DHYANASHRAMA

Dhyanaashrama is at Mount St. Joseph Campus, Bannerghatta Road, in Kalena Agrahara, about 15 KMs from Majestic Bus Stand / City Railway Station and about one kilometer after Meenakshi Temple, on your right.

BUSES

1. From Majestic / City Railway Station: Platform 15; Bus No. 365 and all the buses going to Bannerghatta National Park or Gottigere, halt at Kalena Agrahara. Take a ticket to Kalena Agrahara.
2. From Shanthi Nagar BMTC Bus Stand [those arriving by buses from Tamil Nadu]: Bus No. 365
3. From Brigade Road [near War Memorial]: Bus No. G4
4. From Kalasipalyam / City Market: Bus No. 366, 367, 370, 371, 372
5. From Shivajinagar [Platform 12]: Bus No. 368 [less frequent]
6. From Dairy Circle / Dharmaram: Bus No. 365, 366, 367, 368, 370, 371, 372, G4
7. From SMVT Bengaluru Railway Station either take a cab to Dhyanaashrama or a bus to Majestic or Shivajinagar

Alight: at Kalena Agrahara Bus Stop (it is after Loyola School Bus Stop) and walk back for about three minutes and you will notice Mount St Joseph gate to the left.

Prepaid City Taxi:

From railway station charges: Rs. 700/-

Prepaid Auto Rickshaw:

From Railway Station & Majestic: Rs. 500/-

DHYANASHRAMA

IGNATIAN RETREAT CENTRE



JANUARY – DECEMBER 2026

📍 Dhyanaashrama

Mount St. Joseph

SOS Post #7645 Bannerghatta Main Road
Bengaluru – 560076.

Mob/WhatsApp: 6362162423 | Mob: 8618536478

✉: dhyanaashrama@gmail.com

🌐: www.dhyanaashrama.in



JANUARY 2026

01-30	30 DAY RETREAT	FR JAMES GONSALVES SJ
02-10	Come and See	FR TOM QUADRAS SJ
12-20	Come to me and I will give you rest	FR CLARENCE D'SOUZA SJ
22-30	Abide in my love	FR AROCKIASAMY SJ

FEBRUARY 2026

01-09	Be still and know that I am God	FR JOHN B MENDONCA SJ
10-18	Speak Lord, your servant is listening	FR CLARENCE D'SOUZA SJ
20-28	Come back to me	FR VINCENT PINTO SJ

MARCH 2026

01-30	30 DAY RETREAT (In preparation for Final Profession)	FR AROCKIASAMY SJ
02-10	Create in me a pure heart O God	FR TOM QUADRAS SJ
12-20	God of mercy and compassion	FR JOHN B MENDONCA SJ
22-30	Come to the waters you who are thirsty	FR JAMES GONSALVES SJ
28-05 Apr	HOLY WEEK Retreat	FR WILLIAM SEQUEIRA SJ

APRIL 2026

01-30	30 DAY RETREAT	FR JAMES GONSALVES SJ
08-16	My Lord and my God	FR CLARENCE D'SOUZA SJ
12-20	I have seen the Lord	FR VINCENT PINTO SJ
22-30	"Called to Be, Sent to Do" (For Jesuits)	FR BALA KIRAN KUMAR SJ
22-30	Their eyes were opened	FR TOM QUADRAS SJ

MAY 2026

02-10	Life in Abundance (Psycho-Spiritual Retreat)	FR AROCKIASAMY SJ
12-20	Finding God in All Things (For Jesuits)	FR LUMNESH KUMAR SJ
12-20	I am the Bread of Life	FR VINCENT PINTO SJ
22-30	Come Holy Spirit Come	FR CLARENCE D'SOUZA SJ

JUNE 2026

02-10	The Lord is my Shepherd	FR JAMES GONSALVES SJ
12-20	Be still and know that I am God	FR TOM QUADRAS SJ
22-30	I am the Bread of Life	FR VINCENT PINTO SJ

JULY 2026

01-30	30 DAY RETREAT (Retreat for Silver Jubilarians & Midlifers)	FR AROCKIASAMY SJ
02-10	I and my Father are one	FR CLARENCE D'SOUZA SJ
12-20	Your face O Lord, do I seek	FR VINCENT PINTO SJ
22-30	Abide in my love	FR JOHN B MENDONCA SJ

AUGUST 2026

02-10	Speak, Lord, your servant is listening	FR CLARENCE D'SOUZA SJ
12-20	Come to me and I will give you rest	FR VINCENT PINTO SJ
22-30	I am the Good Shepherd	FR WILLIAM SEQUEIRA SJ

SEPTEMBER 2026

02-10	In the Lord is my hope	FR JOHN B MENDONCA SJ
12-20	Be still and know that I am God	FR AROCKIASAMY SJ
22-30	Lord, teach us to pray	FR TOM QUADRAS SJ

OCTOBER 2026

02-10	Come to me and I will give you rest	FR JAMES GONSALVES SJ
12-20	Midlifers Retreat (Between 30-70)	FR WILLIAM SEQUEIRA SJ
12-20	In the Lord is my hope	FR CLARENCE D'SOUZA SJ
22-30	I and the Father are one	FR VINCENT PINTO SJ

NOVEMBER 2026

01-30	30 DAY RETREAT	FR JAMES GONSALVES SJ
02-10	I will never forget you, my people	FR CLARENCE D'SOUZA SJ
12-20	Do not be afraid, it is I.	FR TOM QUADRAS SJ
22-30	In the Lord is my hope	FR JOHN B MENDONCA SJ

DECEMBER 2026

02-10	Lord, teach us to pray	FR VINCENT PINTO SJ
12-20	Maranatha, Come O Christ the Lord	FR JOHN B MENDONCA SJ
26-01	JAN: Prince of Peace (Inner Healing Retreat)	FR AROCKIASAMY SJ



Please Note

All the retreats begin on the first day of the retreat at 6 PM and conclude on the last day of the retreat with lunch at 1 PM.

We offer Ignatian Retreats. Hence our retreats are guided and are done in silence.

Kindly bring your own stationery and toilet articles.



CONTRIBUTION

ATTACHED ROOMS	NON-ATTACHED ROOMS
8 DAY RETREAT ₹ 6,800/-	8 DAY RETREAT ₹ 5,600/-
30 DAY RETREAT ₹ 23,000/-	30 DAY RETREAT ₹ 19,000/-