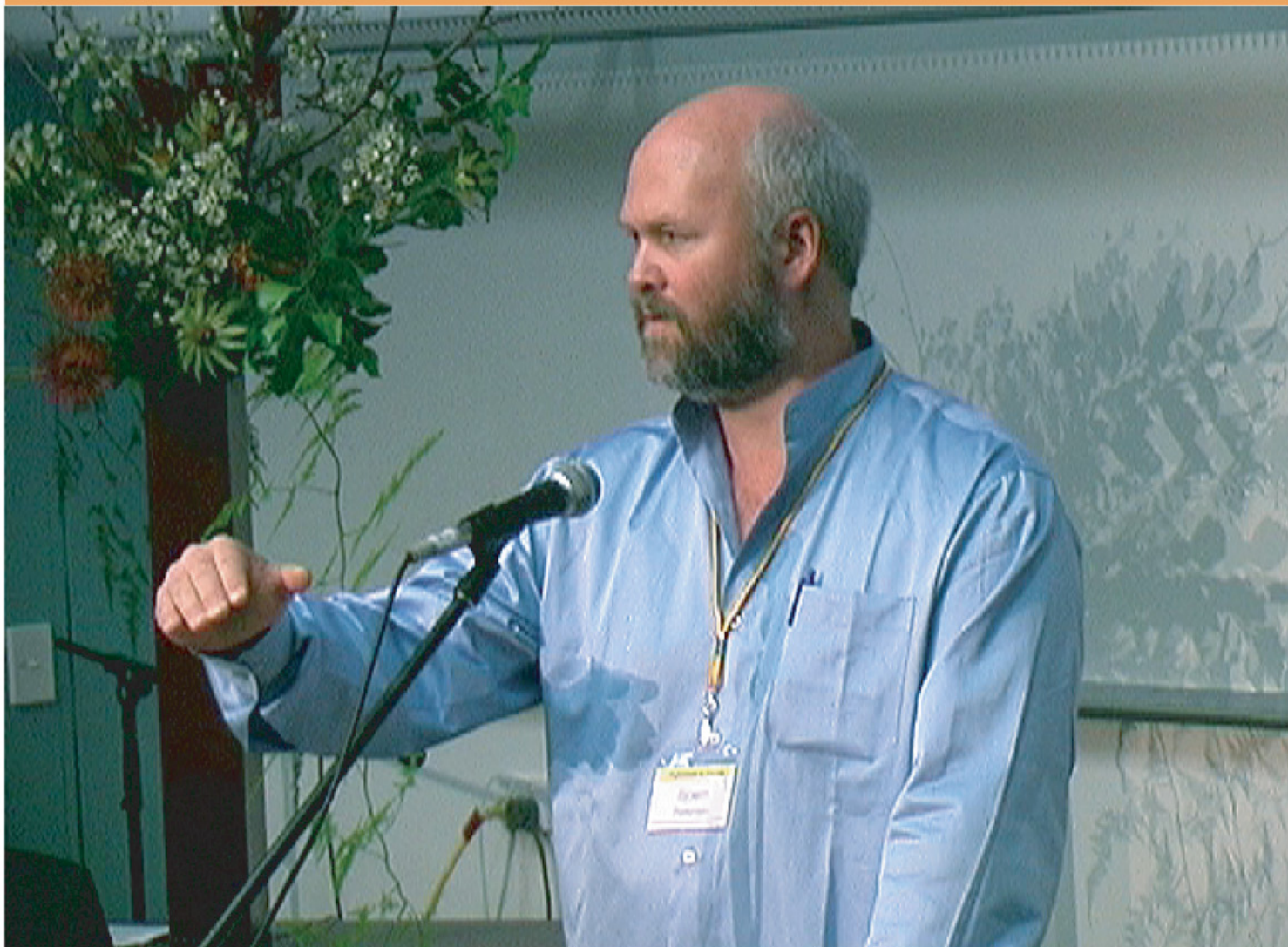




The Mt. Tron Mail

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The Chairman of The Mt. Tron University of Peace Foundation, Bjørn Pettersen, addresses the audience during the international Peace Symposium in Brisbane, Australia, September 2003. Video: Ole Ashbjørn Pettersen.

Course in "Art of Life" at Tronsvangen Seterhotell in Alvdal

During Whitsun, from Friday 28th May to Monday 31st May, the Mt. Tron University of Peace Foundation arranges a course in "Art of Life" at Tronsvangen Seterhotell in Alvdal. See the details about the course on the next pages.

As a result of the two brothers Hallstein and Arne Sverre Tronsmoen buying Tronsvangen Seterhotell last autumn, completely new possibilities have opened up for the Foundation, and we are now planning programmes for more or less permanent activities throughout the year. For the time being we are starting with some courses this year to gather necessary experiences.

From next year we assume we can offer activities for a variety of occasions throughout the whole year, and a brochure with an activity programme will be made and published later this year.

Already these days two permanent exhibitions have been displayed at Tronsvangen Seterhotell about **The Mt. Tron University of Peace** and about **Swami Sri Ananda Acharya**. See more on the next pages.

Because of all this The Mt. Tron Mail has been published one month earlier than normal this time!

UTSTILLING

Tronsvangen Seterhotell

2560 Alvdal



"Baral"

Swami Sri Ananda Acharya

1881-1945

"Art of Life"

"Learn language of body – Read the mind – Know Thyself"

Preliminary course to Mt.Tron University of Peace

at Tronsvangen Seterhotell in Alvdal, Norway

- Arranger:* Mt.Tron University of Peace Foundation, 2560 Alvdal, Norway.
- Time:* Friday 28th May – Monday 31st May (Whitsun).
- Leaders:* Bjørn Pettersen and Tripti Chatterjee.
- Price:* NOK 2600,-/pers., NOK 2300,-/pers. for pairs,
NOK 2000,-/pers. for students, and for families of 3 persons or more
(= course fee w. full pension + bringing from or to bus or train in Alvdal sentre).
- Registration:* Soonest possible, and at the latest within Sunday 16th May 2004.
- Description:* The course consists of 3 parts: Part 1 – "Learn language of body". Here we learn physical relaxation through simple yoga exercises, and we discuss lifestyle and food habits with individual adaptation. Part 2 – "Read the mind". Here we learn mental relaxation, mental concentration, and mental observation (meditation) in silence. Part 3 – "Know Thyself". Here we bring up the great, universal and spiritual questions in life which concerns all of us as human beings, like for example "who am I?", "from where have I come and where am I going?", and "what is the purpose of life?".
- Information:* Tronsvangen is located in peaceful surroundings on about 800 metres, with a magnificent view towards Mt.Storsølen and Mt.Rondane, in a wonderful tour terrain with good possibilities for tours both in the forest and in the mountain. If the weather allows it there will be arranged a common tour up to the "Peace Plateau" on Mt.Tron. For those who want to arrive Tronsvangen by car, please look up a road guide on www.tronsvangen.no

Please contact

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On the opposite page is shown the poster to the exhibition about Sri Ananda at Tronsvangen Seterhotell. The exhibition consists mainly of old black and white photographs which have been enlarged up to the formats A3, A2 and A1, and show Sri Ananda over a period from 1913 to 1937.

A somewhat bigger exhibition about the Foundation's project for a University of Peace on Mt.Tron, has also been displayed at Tronsvangen Seterhotell. It shows among other all the drawings of Professor Knud Larsen's Preliminary Project 03.03.2003, together with an earlier work model.

Above one sees further details about the Foundation's course at Tronsvangen Seterhotell during Whitsun this year. The costs have been put as low as possible and the course has very reasonable prices compared to other similar courses in Norway today. The course leaders have not accepted any fees for themselves, but the profit will be used to pay the expenses for a planned brochure about the Mt.Tron University of Peace.

The course has come about in a very short time and we realize that it's announcement comes fairly late, but we do hope that many of The Mt.Tron Mail readers will take the opportunity to participate in this course!



Return address:

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The Board member of The Mt. Tron University of Peace Foundation, Tripti Chatterjee, holds a workshop about Non-Violence at the international Peace Symposium in Brisbane, Australia, September 2003. Video: BP.