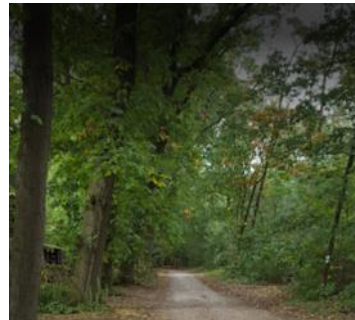


# Silence retreat with Atul

26-29 November (Friday to Monday) 2021

We invite you to join the silence...Silence gives rest, stillness and stability to our busy minds, bringing us in the present moment where we listen the soft voice of the heart.

With a still and stable mind, we are able to dive into the deeper layers of consciousness, where understanding arises about ourselves.



## **Program:**

### Friday:

arrival from 2 p.m. on.

5 p.m. welcoming with introduction and relaxation session

7 p.m. dinner (soup and bread)

8 p.m. meditation followed by noble silence

### Saturday and Sunday: observance of silence

In the two days of complete silence together, we will follow a relaxed schedule. The program consists of hatha yoga, contemplative walking, brisk walking, karma yoga, nadi shodhanam (alternate nostril breathing), relaxation, guided meditation and meditation in silence. Also there will be a question (in writing) and answer session.

Monday: breakfast in silence and closing session coming out of silence (departure before lunch)

Be welcome!

*Where:* Ashram Sada Shiva Dham, Loenen (forest area, the Veluwe)

*Total costs:* € 375,= per person (incl. stay, vegetarian meals, coffee, tea and all sessions).

*Registration:* [himyogameditatie@gmail.com](mailto:himyogameditatie@gmail.com) / Information: 06-83 32 38 52 (Atul)

*Teachers:* Atul Kumar, Hieke Grootendorst and Klara Gerrits.

*“Silence makes one able to see the structure and nature of consciousness.”*