

“Be Still & Know - Practice of Silence and Discernment”

Silent Retreat with Swami Sankarananda

St Benedict Center - Schuyler, Nebraska

2024

This silent retreat is open to all sincere truth seekers as a donation-based offering. Sacred space is provided and maintained, all participants are asked to observe & respect silence during the full extent of the retreat.

Retreat Overview

Deepen your relationship with Silence through yoga practices including meditation, chanting, yoga asana and exploration of the teachings of the great Yogis. Swami Sankarananda will guide us, sharing wisdom to inspire and support all participants. The experience of this retreat is profound, all will leave with a deeper understanding and relationship with Silence as well as practical tools to dive more deeply within. All who have been interested in joining a silent retreat or taking personal time for reflection in a supportive environment should consider it.

[Click Here to learn more about Swamiji](#), and [here for an overview of the Be Still and Know Silent Retreat](#).

[Click here to learn more about St Benedict Center, including a lovely two minute video introduction](#).

Venue and Main Gathering Places

St Benedict Center is a purpose built Spiritual Retreat Center set within a monastery in a serene, beautiful and secluded area of northeastern Nebraska. It is rightly called an “OASIS of PEACE”, and is an idyllic location for this retreat. Please see below for information about accommodations.

All of the scheduled events will take place either indoors or out depending upon the program and the weather conditions we are given. Beautiful and conducive space is offered to us either way. We will have a Peace Walk in the retreat center’s Labyrinth on Sunday, also participants are encouraged to be outdoors during personal time.

Meals

Simple, vegetarian meals will be taken together. Friday night is a pot-luck, and our remaining meals through the weekend will be simple but plentiful. Tea and light snacks will be available throughout the day for retreatants. Contributions of food, flowers for the altar and prasadam are most appreciated. [Please click here to choose and sign up for a food offering.](#)

Accommodations

The retreat includes double accommodation at the retreat center. Single accommodation rooms may be available upon request. Divine Grace Yoga will handle the room bookings directly with the retreat center.

Seva

As part of deepening our yogic awareness and practices, opportunities for seva (self-less service) will be available throughout the weekend. We will discuss the various opportunities on Friday night and ask for volunteers. Sharing seva together is an essential aspect of the retreat weekend.

Spiritual Counseling

On Day 2 of the retreat, Swami will offer one on one counseling sessions for all of those who wish it. Please sign-up on Spiritual Counseling Sheet provided during the retreat.

What to Bring

- Toothbrush/toothpaste
- Your own personal water bottle.
- Change of clothes
 - Loose, breathable clothing for yoga classes are recommended
- Walking shoes for Sunday Peace Walk
- Sunscreen, bug spray, any necessities for long outdoor time
- Yoga mat
- Meditation cushion or backjack (floor chair).
- Any medications you are taking

General Guidelines

Silence is to be maintained during most portions of the retreat, except for chanting and discussions in the workshops and Satsang. If anyone does not feel well or needs to discuss anything, they should let Swami know.

All communication devices (phones, computers, etc) should be left at home or turned off during the retreat. Please let someone back home know that you will be in a silent retreat. If need be, they may contact Swami at (234) 262-1086. We strongly recommend that you detach from your device for the weekend, and that all commuting participants maintain their silence throughout the weekend.

Retreat Schedule

Friday, Nov 15, 2024 Day 1

4 - 6PM	Arrival, check-in and set-up
6:00PM	Meal and Clean-up
7:00PM	Silent yoga retreat begins
	Prayers
	Greet & Meet Swami Sankarananda ji and fellow participants
	Guidelines for Mouna (Silence) Vrata (Vows)
7:30PM	Peace Chanting
8:00PM	Satsang, consisting of:
	Meditation
	Kirtan / Chanting
	Dharma Talk – “Silence”
9:30PM	Day 1 Program ends
10:00PM	Lights Out

Saturday, Nov 16, 2024 Day 2

6:00AM	Satsang, consisting of
	Meditation
	Kirtan-Japa / Chanting
	Dharma Talk
8:00AM	Yoga Asana / Pranayama Class
10:00AM	Brunch
11:00AM	Personal Time / Seva
11:30AM	Workshop #1
12:30PM	Meditation
1:00PM	Practice on own (Rest/journal/meditate)
	Private time with Swamiji (15 minutes each, by appointment)
4:30PM	Gentle Yoga class
6:00PM	Dinner
7:30PM	Peace Chanting

8:00PM Satsang
9:30PM Day 2 ends
10:00PM Lights Out

Sunday, Nov 17, 2024 Day 3

6:00AM Satsang, consisting of:
 Meditation
 Kirtan / Chanting
 Dharma Talk – “Steps to Inner Peace”
8:00AM Open Yoga Asana/Pranayama
10:00AM Brunch
11:00AM Discernment Workshop #2
12:00PM Peace Walk - Labyrinth
1:00PM Mouna practice ends - Group Closing Discussions and Prayers
2:00PM Event concludes