

“Be Still & Know - Practices in Silence and Discernment”

Silent Retreat with Swami Sankarananda

Location

Dates

This silent retreat is open to all sincere truth seekers. Sacred space is provided and maintained, all participants are asked to observe & respect silence within scheduled times and remain at Osage Forest of Peace during the full extent of the retreat if possible.

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.

To learn more about Swamiji, [please click here](#). For more information about the retreat location click here. And for an overview of the goal, means and practice within the retreat please [click here to check out this short video](#).

Main Gathering Places

Most of the scheduled events will take place within the main house.

There are restrooms in the retreat house, and shower facilities are available in the individual cabins.

We will have a peace / labyrinth walk on Sunday morning. Participants are encouraged to explore the grounds outdoors during personal time.

There is a Forest Sanctuary with hiking trails and a Meditation Garden for quiet reflective time in nature.

Meals

Simple, vegan food will be provided. Brunch & dinner are the scheduled gathering times for eating. Light snacks and tea will be available throughout the day.

Sleeping Arrangements

There are single and double occupancy cabins available for retreat participants. Bookings are handled 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 counseling sessions for those interested. Please sign-up on the Spiritual Counseling Sheet which will be available during the retreat.

What to Bring:

- Toothbrush/toothpaste, Soap and other personal toiletries
- Yoga mat and any yoga props you like to use
- Loose breathable clothes for yoga class
- Sunscreen, bug spray, any necessities for outdoor time
- Walking shoes
- Any medications you are taking

General Guidelines

Silence is to be maintained during retreat, except for chanting and discussion with the teacher. If anyone does not feel well or needs to discuss anything, they should let Swami know.

We encourage all participants to take this opportunity to unplug for the weekend. All communication devices (phones, computers, etc) are to be turned off at the beginning of the retreat, and it is best that you leave them off during the entire retreat. Please contact friends and family prior to the retreat. In case of emergency they may contact Swami, he will keep his phone on. His number is (234) 262-1086.

Retreat Schedule

Friday, Day 1

- 4 - 6:00PM Arrival & Check in
- 6:00PM Dinner
- 7:00PM Opening Prayer, Introductions and Overview
- 7:30PM Satsang
 - Silent Meditation
 - Chanting
 - Dharma Talk: From Sound to Silence
- 9:30PM Day 1 Close
- 10:00PM Lights Out

Saturday, Day 2

- 5:30AM Wake up
- 6:00AM Satsang
 - Silent Meditation
 - Chanting
 - Dharma Talk
- 8:00AM Yoga Asana / Pranayama Class
- 10:00AM Brunch
- 11:00AM Discernment Workshop #1
- 12:30PM Individual Sadhana Practice
 - One to ones with Swami (sign up)
 - Reading and Reflective Contemplation
 - Meditation / Japa
 - Introspection
 - Rest
 - Nature Walks
 - Journaling
- 4:30-5:30PM Yoga Nidra
- 6:00PM Dinner

7:00PM Peace Chanting
7:30PM Satsang

- Silent Meditation
- Chanting
- Dharma Talk

9:30PM Day 2 Close
10PM Lights Out

Sunday, Day 3

5:30AM Wake up
6:00AM Satsang

- Silent Meditation
- Chanting
- Dharma Talk

8:00AM Yoga Asana / Pranayama Class
10:00AM Brunch
11:00AM Peace Walk
12:00Noon Discernment Workshop #2
1:00PM Closing Discussions, Prayers & Arati - Practice of Silence Ends
2:00PM Program Close