

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

## **Silent Retreat with Swami Sankarananda**

### **All Souls Interfaith Gathering - Shelburne, VT**

**Day 1 - 4066 Shelburne Rd**

**Day 2 - 291 Bostwick Farm Rd**

**June 7-8, 2025**

This silent retreat is open to all sincere truth seekers as a donation-based opportunity. Sacred space is provided and maintained, all participants are asked to observe & respect silence within scheduled times and remain at or nearby the center during the full extent of the retreat.

#### **Retreat Overview**

Deepen your experience of yoga through silence, meditation, chanting, yoga asana and the teachings of the great Yogis. Swami Sankarananda will guide us through the majority of the retreat, sharing wisdom to inspire transcendence from living in fear, to living in peace & harmony.

To learn more about Swamiji, visit [www.divinegraceyoga.org](http://www.divinegraceyoga.org)

#### Main Gathering Places

All scheduled events will take place on the grounds of All Souls. This is a commuter retreat, no overnight accommodations are provided.

We will have a peace walk on Sunday, weather accommodating, also participants are encouraged to be outdoors while remaining close to the center during personal time.

#### Meals

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

## 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 Saturday morning and ask for volunteers. Sharing seva together is an essential aspect of the retreat weekend.

## Spiritual Counseling

Swami will offer counseling sessions for those interested on Saturday. We will have a sign-up sheet available in the morning. If not interested, or when your appointment is finished, feel free to select any of the offered reading material and take up a comfortable location, or to walk silently in the area, or perhaps to journal or to reflect on experiences thus far.

### **What to Bring:**

- Water Bottle and/or travel mug (for tea).
- Comfortable Clothing
  - Loose, breathable clothing for yoga classes are recommended
  - Walking shoes for Sunday Peace Walk
- Sunscreen, bug spray, any necessities for outdoor time
- Yoga mats and meditation cushions if you have one, otherwise there should be enough to provide you with one.

### **General Guidelines**

Silence is to be maintained during most portions of the 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.

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.

It is also suggested that you begin the retreat on Friday evening, and that you select in advance a time in which you can take the vow of silence. Perhaps this will be after work on Friday, or after taking the family meal. Simply take the vow by yourself, you can say something like this within yourself:

“Now I begin the practice of Sacred Silence, and I promise myself to do my best to not just stop speaking needlessly, but also to practice deep awareness of the silence within me. I wish for this time to be a deep honoring of the most Holy, which is my deepest reality. I will continue in this practice through the weekend, ending this sacred practice together with all of the retreat participants on Sunday afternoon”.

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### Retreat Schedule

#### Saturday, Day 1

Arrival by 6:30AM

- |          |  |
|----------|--|
| 6:30AM   | Satsang <ul style="list-style-type: none"><li>● Silent Meditation</li><li>● Chanting</li><li>● Dharma Talk: From Sound to Silence</li></ul>                                      |
| 8:15AM   | Break  |
| 8:30AM   | Yoga Asana / Pranayama Class   |
| 10:30AM  | Brunch   |
| 11:30AM  | Seva   |
| 12:00N   | Discernment Workshop #1 <ul style="list-style-type: none"><li>● “Tea and Gita”</li></ul>   |
| 1:00PM   | Individual Sadhana <ul style="list-style-type: none"><li>● Spiritual Counseling with Swamiji</li><li>● Practice on your own (rest, meditate, journal..)</li><li>● Seva</li></ul> |
| 4:30-6PM | Gentle Yoga  |
| 6:00PM   | Dinner   |
| 7:00PM   | Peace Chanting   |
| 7:30PM   | Satsang <ul style="list-style-type: none"><li>● Silent Meditation</li><li>● Chanting</li><li>● Dharma Talk: Sadhana</li></ul>  |
| 9:15PM   | Day 1 Close  |

## Sunday, Day 2

Arrival by 6:30AM

6:30AM Satsang

- Silent Meditation
- Chanting
- Dharma Talk: Steps Towards Inner Peace

8:15AM Yoga Asana / Pranayama Class

10:00AM Brunch

11:00AM Music and Spirit Service

12:30PM Discernment Workshop #2

- "Tea and Gita"

1:30PM Peace Walk

2:00PM Closing Discussions, Prayers and Arati - Practice of Silence Ends

- Share your insights & experiences of the weekend!

3:00PM Program Ends