

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

Silent Retreat with Swami Sankarananda

Triple Crane Retreat - Chelsea, Michigan

August 8-11, 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 Triple Crane Retreat 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

Main Gathering Places

All of the scheduled events will take place in the retreat center or on the grounds. We ask that retreat participants do not walk on any adjoining properties.

We will have a peace walk on Sunday, weather permitting. Participants are encouraged to take time outdoors and in nature during personal sadhana time.

Meals

Simple vegetarian and vegan food will be provided. Friday evening is Potluck, please click [for this spreadsheet](#) to see what you can bring. Julie Thurlow will be in contact with you to co-ordinate. Brunch & dinner are the scheduled gathering

times for eating. Light snacks and tea will be available throughout the day.

Sleeping Arrangements

Retreat accommodations include twin beds in double or triple bedrooms. Triple Crane provides all bedding.

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 Days 2 and 3 of the retreat, Swami will offer counseling sessions for those interested. Please sign-up on the Spiritual Counseling Sheet provided. 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 walk silently in the area, or perhaps journal or reflect on experiences thus far.

What to Bring (All items to be kept in your room when not in use):

- Toothbrush/toothpaste
- While Triple Crane Offers hypoallergenic soap and shampoo feel free to bring your own scent free bath soap, shampoo and any other toiletries. Please make sure to only bring scent free hygiene products as many individuals suffer from allergies.
- Washcloth and towel are provided by TCRC for those who have reserved a bed.
- Appropriate clothing
- Loose, breathable clothing for yoga classes is recommended.
- Comfortable light-colored clothing is recommended for the rest of the retreat.
- No tank tops or shorts above the knee are allowed.
- In-door shoes are suggested for use in Chan Hall. Outdoor shoes are not

allowed in the retreat facilities.

- Walking shoes
- Your own personal water bottle and thermos. In reverence to our Mother Earth, we will do our best to avoid disposable dish-ware that is not biodegradable. We adopt this minimalist concept to invite you deeper into a simple, yogic lifestyle.
- Any medications you are taking
- Triple Crane offers meditation cushions. Please bring your own yoga mats, and other yoga support items like blocks, straps, etc. as needed.

General Guidelines

Silence is to be maintained during the retreat, except for chanting and discussions with the teacher. All of these are, in fact, practices of silence, including chanting and exploration of Yoga philosophy and practices. If anyone does not feel well or needs to discuss anything, please let Swami know. (Please do your best not to disturb other participants.) All communication devices (phones, computers, etc.) are to be turned off at the beginning of the retreat, or left at home.

Please let family and friends know that you are going to be in retreat. If need be, they may contact the Triple Crane Retreat Centers office or Swami at (234) 262-1086. We strongly recommend that you detach from your device for the weekend.

Retreat Schedule

Friday, Day 1

- 3 - 6PM Arrival Check-In
- 6:00PM Dinner and Cleanup
- 7:00PM Opening Prayer, Introductions, Retreat Overview
- 7:30PM Satsang (silence begins)
 - Silent Meditation
 - Chanting
 - Dharma Talk: Silence
- 10:00PM Lights Out

Day 2 and Day 3

- 5:30AM Wake up bell
- 6:00AM Satsang
 - Silent Meditation
 - Chanting
 - Dharma Talk: From Sound to Silence
- 8:00AM Yoga Asana / Pranayama Class
- 10:00AM Brunch
- 11:00AM Discernment Workshop
- 12:30PM Individual Sadhana
 - Spiritual Counseling with Swamiji
 - Practice on your own (rest, meditate, journal..)
 - Seva
- 2:00PM Sunday Only - Close for Weekend Only Retreatants
 - Please note - all are encouraged to stay through the day, maintaining silence through their departure.
- 4:30-6PM Gentle Yoga Class (Yoga Nidra - Sunday)
- 6:00PM Dinner
- 7:00PM Peace Chanting

7:30PM Satsang

- Silent Meditation
- Chanting
- Dharma Talk

10PM Lights Out

Monday, Day 4

5:30AM Wake up bell

6:00AM Satsang

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

8:00AM Yoga Asana / Pranayama Class

10:00AM Brunch

11:00AM Discernment Workshop

12 Noon Peace Walk

1:00PM Closing Discussions, Prayers and Arati - Practice of Silence Ends

- Share your insights & experiences of the weekend!

2:00PM Program Ends