

# **The Fall Silent Retreat**

**::: ALIGNED to ENLIGHTEN :::**

**October 13-16, 2022 at Pumpkin Hollow Retreat Center  
3-day silent meditation retreat with Aaron Knowles Dias**

We taste the enlightened state through the stability, ease, insight, flow, clarity and peace that follow when we let our human pieces fall into proper alignment for a few days.

In guided meditations and yoga sessions I will offer **intuitive maps and simple techniques** to help you **live within your human body in a more consciously aligned way**—while sitting, standing and moving.

In short talks I will talk about ENLIGHTENMENT, as defined by my trusted teachers of Taoism, yoga and advaita vedanta. I will answer write-in questions from participants, and offer inquiry prompts for further contemplation and journaling.

**See full ITINERARY** on page 4.

Expect to be in the company of some practitioners with extensive retreat experience. But know that this 3-day guided retreat is absolutely suitable and welcoming for those who are new to meditation and yoga.

## **ALL INCLUSIVE**

- Aaron's personal retreat guidance from beginning to end.
- 3 nourishing vegetarian meals per day.
- 3 nights stay at the beautiful, 130-acre Pumpkin Hollow Retreat Center.
- Reiki sessions with Erin Berte and Fenia Weiller.

## **2 SIMPLE STEPS TO SIGN-UP:**

### **1. REGISTER**

Fill out this **Fall Retreat Registration Form**

### **2. PAY**

**\$1020** total for your own **personal room** or cabin.

**\$780** total for room or cabin **shared with 1-2** other participants.

## ***SAVE \$ BY SIGNING UP WITH A FRIEND***

If you sign up with a friend, each of you can take \$50 off of the retreat price.

Option to schedule a private session with me instead of taking the \$50 discount. \$130 value. See [forevermarvel.com/coaching](https://forevermarvel.com/coaching) for more info about that option.

## **PAYMENT METHODS**

### **Electronic Transfer:**

Venmo @aaron-dias

Zelle or CashApp or PayPal to 917.399.0654 or aaron@forevermarvel.com.

### **Check:**

Pay to "Aaron Knowles Dias" and mail to:

**2618 5th Avenue**

**Ft. Worth TX 76110**

Email me once you've sent the check.

### **Credit card:**

I have to pass onto you a 6% processing fee. 3% goes to your credit card company, 3% goes to my processing company, Stripe. Message me if you want this option and I will send you a link for paying by credit card.

## **PAYMENT PLANS**

If it's tough for you to come up with all of this at once, reach out to me and we can set up a payment plan which breaks payments into 3 chunks to be completed by November 13th.

## **REFUND POLICY**

I can't offer refunds this close to retreat. If you need to drop out, please find a replacement to take your spot. Thank you!

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## **WHY RETREAT?**

Why is silent meditation retreat so effective? I have now held space for hundreds of folks in meditation retreat, watching as each one sacrifices a long weekend to the meditation practice. In exchange for their sacrifice, each retreatant departs with some just-right gift to guide and fuel them through the coming season.

Some leave feeling more balanced, well-rested, nourished or detoxed. Some have a big insight, or experience the blessed clarity of a peaceful mind. Some leave standing taller, more empowered, authentic or free. Some tap into a deep feeling of compassion, devotion or gratitude. And many folks experience all of the above.

It's incredible how quickly the revelations arise and how completely the transformations take once we simply step away from the hustle, stress, clutter and distractions of daily modern life. [Here is a little video about the value of retreat.](#)

## **SILENCE**

Everyone will go into silence at the end of our opening circle and not come out until Sunday morning. I will speak a few times per day in order to guide exercises and give information. But all of us will spend the majority of the 4 days in sacred silence, which has profoundly healing effects on the mind, the nervous system and the energetic body.

## **OFF GRID**

We will all turn off our devices and disconnect for the entire retreat. Set an automatic vacation responder on your email and prepare your loved ones for not hearing from you for a few days.

## **TRAVEL**

Once you sign up I'll send more info about travel and help you coordinate travel with other participants. Options for ride shares organized from NYC, and cab shares from the Hudson, NY Amtrak station.

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It is my great joy and honor to lead these retreats. I have hosted 1-3 per year since 2016 and many participants return season after season. To better get to know me and my community, visit [forevermarvel.com/aaron](http://forevermarvel.com/aaron) or [nowherevillage.org](http://nowherevillage.org).

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## **ITINERARY NOTES**

**Stillness** is an intentional practice of not-doing. Usually these sessions are unguided and last 30 minutes. I call it "Stillness" instead of "meditation" so you are free to experience and discover without previous ideas about "meditation" getting in the way.

**Talk** is a concise and engaging lecture about how to approach retreat and meditation practice. I will discuss the themes of alignment and enlightenment.

**Group Inquiry** is a time where Aaron will address your write-in questions or comments.

**The 12pm "Day Stillness"** will be guided by Aaron. As will meditations in the opening and closing ceremonies. All others are held in silence.

## **RETREAT ITINERARY**

### **THURSDAY 10/13**

**4-6pm** Check-in *Main Building Library*

**6:30pm** Dinner *Dining Hall*

**7-7:30pm** Pumpkin Hollow Orientation *Dining Hall*

**8-9:30pm** ARRIVE & ALIGN Opening Circle *Meditation Center*

**9-9:30pm** Night Stillness *Meditation Center*

### **FRIDAY 10/14**

**7am** Coffee, tea and OJ

**7:30am** Sunrise Stillness

**8am** Breakfast

**10am** Guided Movement

**12pm** Guided Stillness

**12:30pm** Lunch

**4pm** Sunset Stillness

**4:30pm** Reiki

**6:30pm** Dinner

**8pm** Guided Inquiry

**9pm** Night Stillness

### **SATURDAY 10/15**

**7am** Coffee, tea and OJ

**7:30am** Sunrise Stillness

**8am** Breakfast

**10am** Guided Movement

**12pm** Guided Stillness

**12:30pm** Lunch

**4pm** Sunset Stillness

**4:30pm** Reiki

**6:30pm** Dinner

**8pm** FIRE Ceremony *Campfire Grove*

**9pm** Night Stillness

### **SUNDAY 10/16**

**7am** Coffee, tea and OJ in Dining Hall

**7:30am** Sunrise Stillness

**8am** Breakfast in Dining Hall

**9am-10am** WATER Ceremony

**10am-12pm** AIR Ceremony + Closing Circle

**12:30-2pm** Lunch + Packing Out