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www.swamiveda.org, www.bindu.org, www.yogaineurope.eu, www.himalayanyogatraddition.com

At some point in one's spiritual progress an urge to silence arises uninvited; a wave that carries the mind self-wards, atman-wards...

Swami Veda Bharati

EUROPEAN SILENCE RETREAT 2008: "Silence, Stillness and Conciousness"

15-20 November



Swami Ritavan Bharati

**& TWO DAYS OF SPECIAL PRACTICES:
(TEACHER TRAININGDAYS)**

"Yoga and Christianity"

20-22 November

Guided by:

**Swami Ritavan Bharati,
Dr. Stephen (Stoma) Parker,
& Ashutosh Sharma**

The "Himalayan Yoga & Meditation Network Society" (HYMNS) is a network of spiritual seekers, who exchange knowledge and experience far beyond their own geographical, religious, spiritual and cultural borders. Swami Veda is the spiritual master of this European 'hub' of the Himalayan network.

AIM

The mind is conditioned to attend to noise, to change, to information. And yet the sage Vyasa tells us that samadhi is present in all our states of awareness. We just can't find it. How does one learn to listen for That harmonization, that permanence, that wisdom ?

This European Silence Retreat will allow participants to obtain deeper insights of one-self and the healing power of silence (in action, speech and thought). In addition, participants will be inspired by the presentations and workshops on specific methods for relaxation (hatha yoga, yoga nidra) and philosophies and practices of meditation for better understanding of one's inner-dialogue, spiritual development and physical healing.

CONTENT

Depending on special assignments to be given by Swami Ritavan during these days, the program will offer: hatha yoga exercises in a meditative context, guided meditation sessions, inner dialogues, pranayama exercises, spiritual journaling, contemplative walks guided as to the different methods and yoga nidra exercises.

TARGET GROUP

This workshop is organised for anybody who would like to deepen their knowledge and improve their skills in "looking inward" through meditation and practices of silence.



PROGRAM OF THE SILENCE RETREAT

PM (after registration)

PREPARATION FOR THE SILENCE RETREAT

The silence retreat 2008 lasts 5 days. To use this period fully, we plan to go into silence the first evening (Saturday November 15th).

We advise you to prepare yourself beforehand, by:

- going to bed early the days before attending the retreat;
- eating the food that is best for you; mild and light, not hot and spicy or heavy;
- taking your time to make the trip to Elspeet;
- choosing to speak less some days before and on your way to the retreat.

GUIDANCE DURING THE SILENCE RETREAT

What might one expect to experience on this retreat?

At times, the student might experience the rising of pent up emotions, which may be either disturbing or deeply joyful. Whatever it is that comes up for release, it is just that; a chance to free ourselves of the 'baggage' that we carry around with us, limiting our energy and spiritual understanding. The result is that we can return to our lives, profoundly refreshed, and with greater clarity and insight. All the practices Swami Ritavan will introduce to us are quite simple, practical and effective and very safe for all to undertake- for those who have practiced meditation before, and for those who have not. The retreat is open to all who are curious and ready to experience this time of guided silence, in a supportive and tranquil atmosphere.

When one goes into silence, one can have experiences, which raise questions. Please 'ask' these questions on paper. During the retreat, if necessary, it is possible to be guided personally by the teachers and/or assistants.

It is advised not to read any books or listen to music during these days. In this way the mind can calm down and turn inward instead of being activated or stimulated externally and the process of silence will be supported.

MEALS AND DRINKS

During the retreat vegetarian meals will be served. Water and tea will be constantly available.



Two days of special course in Yoga with Swami Ritavan Bharati (former Pandit Ananta), Dr. Stephen Parker and Ashutosh Sharma on the theme:

Yoga and Christianity:

How is it that so many meditative lineages (including our own) claim Jesus as one of their most revered teachers of all time ? Which book of the Bible is a text on Kundalini Yoga ? How can we help others understand yoga in terms of their own Christian tradition ? Explore these and other questions in these two days.

Directly after the 5-day silence retreat, there is the possibility of following this 2-day special course in which we will go deeper into the mentioned subject and certain practices. This advanced 2-day course is **only** open to **yoga teachers, yogateachers in training, advanced practitioners (minimum of 2 years of yogapractice) and participants of the Teachers Training Program (TTP).**

The hours spent for the silence retreat and this advanced course are recognised by the Dutch Yoga teacher's Association as a part of extra schooling. These hours are also valid for the requirements of the Teachers Training Program from the Himalayan Tradition (look at www.himalayanyogatradition.com).

It is possible to follow this advanced course without taking part in the silence retreat. It is however encouraged to experience the serene energy field which arises during the silence retreat.

If you choose not to attend the silence retreat, you check in between 17.00 and 19.00 hrs on Thursday 20th November. If you didn't have a meal yet, you can have a light supper that will be served from 18.30 - 19.30 hrs.

At 20.00 hrs we will start with an introduction and the next day we will continue early morning at 6.30 hrs.

SCHEDULE OF THE ADVANCED COURSE

20th November checking in from 17.00 - 19.00 hrs if you come for the two days only.

20th November introduction at 20.00 hrs.

21th November: 6.30 - 22.00 hrs

22th November: 6.30 - 17.00 hrs.



SILENCE RETREAT 2008

PACKAGES:

Type of Rooms	Silence 5 days 15-20 November	Silence 2 days 15-17 November	Silence and special course 15-22 November	Special course 20-22 November
Single Room	€ 350	€ 175	€ 500	€ 175
Double Room*	€ 325	€ 150	€ 475	€ 175

* If you opt for a double room, kindly also make your own arrangements to choose a room mate.

All prices are per person. The price includes the following:

- rooms, including three meals a day and drinks;
- international travel costs of Swami Ritavan Bharati, Dr. Stoma Parker and Mr. Ashutosh Sharma.
- training materials and some very basic organizational costs.

Although we offer a 2 day silence package, we strongly recommend and encourage that you attend the silence retreat for 5 full days so that you can reach deeper levels of silence.

REGISTRATION AND PAYMENT

See registration form at the end of this document.

Information: (0031) (0)20-6649442 (Kries Manniesing) and
(0031) (0)6-21489465 (Firoz Nasrullah).

The closing date for payment is Monday October 15th 2008!

After payment more details of the program will be provided to you.

DONATION

The amount of € 350/325/175/150/500/475 cover the costs for lodging, meals, drinks, study material and other costs, like travel costs of the teachers. All teachers in the Himalayan tradition serve people free of charge and live on charity. It is a custom that students give a donation to the teachers, in order for the teachers to be able to support themselves.

Your voluntary donation to Swami Ritavan Bharati, Stoma Parker and Ashutosh Sharma for their teaching and guidance will be highly appreciated by HYMNS.

During the retreat, you can offer your donation directly to the teacher. Although Swami Veda Bharati will not be present (physically), donations to him can be made through us.

REQUIREMENTS

Please carry your own meditation blanket, cushion and shawl; an eye-cover will be comfortable during certain sessions, as well as a towel or a neckroll to support your neck when doing certain postures. Please also carry goods for your personal care and your own notebook and pen. For brisk walking good shoes might be a good idea.



LOCATION OF THE SILENCE RETREAT



Conferentieoord Mennorode

Apeldoornseweg 185, 8075 RJ Elspeet, Postbus 3, 8075 ZG Elspeet
tel. (0031)0577- 498 111, fax (0031)0577- 498 100 (www.mennorode.nl)

Route description

by car: From The Netherlands:

From Zwolle via the A28:

Take exit 14 'Elspeet/Nunspeet', direction Elspeet. Drive into Elspeet via the Nachtegaalweg (one-waystreet).

Turn left at the T-road. (Staverdenseweg).

Turn right at the next T-road, in the direction of Uddel/Apeldoorn (Uddelerweg).

At about 400 meters outside of Elspeet, turn left (Heetkamp).

After 1,2 km you cross the Apeldoornseweg and you'll find Mennorode at the right.

From Amersfoort or Apeldoorn via the A1:

Take exit 18 'Kootwijk/Harderwijk', direction Harderwijk (N302).

Turn right after 5 km, direction Elspeet.

Right after het Informationboard (at the busstop 'Kleine Kolonieweg') turn right into Heetkamp.

After 1,2 km you cross the Apeldoornseweg and you'll find Mennorode at the right.

by train/bus:

Regiotaxi-service from NS-station Nunspeet:

You can call for further information: tel. (0031) 0577 498 111.

Bus from NS-station Nunspeet:

Bus 112 to Elspeet. Busstop 'Elspeet-centrum' at the Uddelerweg.

Bus from NS-station Apeldoorn:

Bus 104 to Harderwijk. Busstop 'Kleine Kolonieweg' at the Uddelerweg.

Bus from NS-station Harderwijk:

Bus 104 to Apeldoorn. Busstop 'Kleine Kolonieweg' at the Uddelerweg.

Routeplanner/public transportation

To plan the exact route by car from your destination you could consult www.anwb.nl/routeplanner.

If you travel by public transportation: www.9292ov.nl or call 0900-9292.

Transportation assistance

For participants from outside The Netherlands we would be glad to advise you and assist you with your travel from Schiphol Airport in Amsterdam.



PROFILE OF THE TEACHERS

Swami Ritavan Bharati, (formerly known as Pandit Ananta/Dan Richey, USA) has been a disciple of Swami Rama and Swami Veda Bharati for more than 30 years. He is educated and trained in the Himalayan tradition of Yoga and Meditation. He holds several academic degrees in Eastern Philosophies, Psychology and Education. Swami Ritavan Bharati is the spiritual director of the Meditation Centre in Minneapolis, USA and is also senior teacher of the Himalayan International Teachers Training. He took his vows of swamihood February 2007 during the celebration of Swami Veda Bharati's 60th year of teaching.

Stephen (Stoma) Parker, PSY. D.

Stephen Parker lives currently in the USA, Minneapolis and he has been a disciple of Swami Veda Bharati for more than 34 years. He teaches at the Meditation Centre in Minneapolis and is a member of International Himalayan Yoga Teachers' Association. He is also a faculty teacher at the Swami Rama Sadhaka Gram at Rishikesh, India. He teaches there twice a year courses on Sanskrit, Vedanta philosophy and meditation. He has a BA summa cum laude in Sanskrit and wrote his end-thesis on a version of the Yoga Vasistha. He assisted Swami Veda with the end-redaction of Yoga Sutra's Volume II: Sadhana-pada. He is a practising clinical psychologist, Psy. D., and teacher of psychology at the University of Minnesota in Minneapolis and senior teacher of the Teacher Training Program.

Ashutosh Sharma was born in Rishikesh (India) in 1972. He has been practicing and teaching Hatha Yoga for more than 12 years. He learned asanas, pranayama and relaxation techniques from different Yogaschools in Rishikesh. In 1992 he met Swami Rama of the Himalayas and was put in Swami Veda Bharati's care to learn more about meditation and intensify his studies in the Himalayan Tradition. From 1996 he travels through Europe, North-America and South-East Asia to teach Hatha Yoga and improve himself. He currently lives in Berlin with his wife Andrea Sharma. He continues his teachings of Hatha Yoga in the Himalayan Tradition and is also as senior teacher of the Teacher Training Program.