

# SILENT MEDITATION AND YOGA RETREAT

## IN SILENCE LIES DISCOVERY

For the duration of the seven day SwaSwara Silent Retreat, all students maintain a 'noble silence'. Silent yoga is practiced to shift your focus away from the chaos of the surrounding world towards the dialogue between your mind and body. Cut off from the daily noise and you finally begin to understand yourself in your natural state and draw from the well of unbounded energy within.

## FULL-TIME GUIDANCE

The SwaSwara Silent Retreat offers full-time guidance from Dr ALV Kumar, who follows the teachings of Patanjali, Buddha and the Six Schools of Indian Philosophy. It begins with focusing and balancing the mind through calm concentration (Sanskrit samadhi) and leads to the development of deep awareness, insight and wisdom (Sanskrit pragnya).

## COURSE STRUCTURE

Your day will begin at sunrise, in a session of Hatha Yoga which prepares the mind for meditation. Each meditation lasts one hour and is followed by half an hour of relaxation and a herbal tea break before the next session begins. Group sizes are intimate, to ensure individual attention. Students will also learn from Dr Kumar the theory behind meditation techniques and how they can realistically apply these practices to their daily lives.