

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

## **Silent Retreat with Swami Sankarananda**

### **Location**

### **Dates**

#### **Welcome**

This silent retreat is open to all sincere seekers of truth. To support your inner journey, we provide and maintain a dedicated sacred space. We ask all participants to fully honor the silence during scheduled times and to remain within the embrace of the retreat center for the duration of the retreat, allowing the immersion to do its work.

#### **Retreat Intention**

While we often define silence simply as the absence of sound, this retreat invites you to discover a deeper truth. Beyond the mere extraction of sound lies the "Silence in the Cave of the Heart," a positive, living presence of absolute Peace, Fullness, and Joy at your center. Our purpose this weekend is to guide you past the desire to simply get away, and instead help you explore this profound Silence, cultivate a deep relationship with it that you can trust, and carry it forward into your daily life. This Silence is your Home; our intention is to help you to remain Home no matter what happens in your busy life.

#### **Retreat Overview**

Deepen your connection to the Divine through silence, meditation, chanting, Yoga Asana, and the timeless teachings of the great Yogis. Swami Sankarananda will serve as your primary guide, sharing wisdom that illuminates the path from fear into a life of abiding peace, love, and joy.

This experience is designed to be profound yet accessible. Whether you are new to silent retreats or seeking a supportive environment for deeper reflection, you will leave with a stronger relationship to Silence and practical tools to dive within.

- [Click here](#) to learn more about Swami Sankarananda
- [Watch a short video](#) overview of the Retreat Goals & Practices

## **Main Gathering Places**

Most scheduled sessions will take place within the main house. We also encourage you to explore the grounds during personal time, where you will find outdoor spaces conducive for quiet reflection in nature. A peace walk will be held shortly before the retreat closes.

## **Meals**

We provide simple, nourishing vegetarian food with vegan options. Brunch and dinner are the scheduled gathering times for meals, with light snacks and tea available throughout the day.

## **Sleeping Arrangements**

Lodging varies by location but typically comprises single or double occupancy rooms or cabins. Indoor restrooms and showers are always accessible to participants.

## **Seva (Selfless Service)**

As part of deepening our yogic awareness, we will share in *Seva* (selfless service) throughout the weekend. On Friday night, we will discuss the various opportunities to help—such as meal prep or tidying. Sharing these simple tasks is an essential, grounding aspect of our community experience.

## **Spiritual Counseling**

Individual counseling sessions with Swami are available for those interested in personal guidance. We encourage you to make use of this opportunity; scheduling sheets will be provided on-site.

## **Minimizing Distraction**

Turning off all devices (phones, computers, etc.) upon arrival is an essential part of an immersion into Silence. Please inform friends and family prior to the retreat that you will be offline. *NOTE: Swami is always reachable, and can be contacted in case of emergency: (234) 262-1086.*

## **General Guidelines**

Silence is to be maintained throughout the retreat, with the exception of group chanting and discussions with the teacher. However, safety and health are paramount; if you feel unwell or have an urgent need, please do not hesitate to speak to Swami or a staff member.

## What to Bring

- Yoga mat and any preferred props
  - Loose, breathable clothing for yoga practice
  - Walking shoes for outdoors
  - Toiletries (toothbrush, soap, etc.).
  - Sunscreen and insect repellent
  - Any necessary medications
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## Retreat Schedule

*Attendance at all sessions is encouraged to maintain the collective energy.*

### Friday, Day 1

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

### Day 2 and Day 3

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

- **7:00 PM:** Peace Chanting
- **7:30 PM:** Satsang - Silent Meditation, Chanting, Dharma Talk
- **10:00 PM:** Lights Out

#### **Monday, Day 4**

- **5:30 AM:** Wake up bell
- **6:00 AM:** Satsang - Silent Meditation, Chanting, Dharma Talk
- **8:00 AM:** Yoga Asana / Pranayama Class
- **10:00 AM:** Brunch
- **11:00 AM:** Discernment Workshop
- **12:00 Noon:** Peace Walk
- **1:00 PM:** Closing Discussions, Prayers and Arati
  - Practice of Silence Ends. Share your insights & experiences of the weekend!
- **2:00 PM:** Program Ends