

SILENT MEDITATION RETREAT

Heart meditation and gentle yoga - movement retreat at Shanti yoga retreat, Wolfe Island September 2016

We welcome back Manu Akshobhia (Emmanuel) for the 8th consecutive year for a silent meditation and yoga Retreat.

This Silent Meditation Retreat is designed for both beginners and advanced practitioners, who wish to dive into the beauty and mystery of meditation. This retreat is created specifically for an intimate understanding of what meditation truly is, to witness its inner transformative potential as well as exploring how meditation and awareness can help us also afterwards in our daily life to reconnect, nurture and center ourselves.

The retreat program will integrate various lectures. Some inspired directly from the path of the Heart as developed by Sri Prem Baba, expressing the deep connection between psychology and spirituality and their mutual support to help us to recognize in ourselves what prevent us from being happy and loving; what keep us in separation rather than union. Other lectures will explore hints from the philosophy of Yoga, Advaita, Sufism, Esoteric Christianity, Tantra and Tibetan Buddhism useful to deepen our practice.

We will use various methods of meditation that will bring to life the teachings. We'll practice sitting meditation (focusing on the breath, on music, on sensations, on energy flows, on movements), but also walking and standing movement meditations. It's important to notice that we'll build up progressively the duration of the session in order to adjust to all level of practitioners and the participants will have also the opportunity to use chairs and pillows in case the sitting on the ground is not comfortable for them. The goal is to make this retreat the most relaxing, accessible and enjoyable as we can but at the same time, making it a real opportunity to awake more to our true potential.

The schedule will also include gentle sessions of yoga postures, mild breathing techniques, yoga nidra (deep relaxation process) and other types of movement and body work in order to support and improve the quality of the meditation sessions as well as discovering other ways of developing awareness.

The retreat set up creates conditions which allow the participants to experience a calming of the mind, and a blossoming of our inner stillness, the witness consciousness, who we truly are beyond our identifications and the fluctuations of our body-mind consciousness, helping us to centre in our true Self and exploring the many deeper aspects of Love.

There are two options of duration for the retreat, either from Friday to Sunday or from Friday to Wednesday. The second and longer option will help us to explore more in depth the work on the heart, the duration allows also to get into deeper relaxation and healing space.

"I would like to extend my gratitude for an incredible weekend spent at Shanti. The space, nature, the people, the food, my tent everything was beyond amazing!! Manu stated it may have been hard for some to venture into a "silent" retreat. I had no resistance at all coming in, but I'll tell you I have 100% resistance leaving!! Thank you so very much, please expect to see me again, Andrea"

Facilitator:



Manu Akshobhia (Emmanuel) was born in 1973 in Belgium. He began at the age of 18 to develop an increased interest in Yoga and meditation, in parallel with Philosophy studies at University.

In 2000, while in India for the second time, his fascination for the spiritual path grew even more as he joined several meditation retreats and did the Sivananda Yoga Teacher Training Course. In 2001, he first met the teachings of AgamaYoga, www.agamayoga.com. He is now a senior teacher in Agama after more than 12 years of study in the Agama curriculum. Manu loves most the teachings of Kashmir Shaivism as well as the approach of the Spiritual

Heart, www.hridaya-yoga.com. He joined the Agama teaching staff in the 2003 season. In 2005 and 2006, he managed and taught the first two Agama Yoga Teacher Training Courses and every year came helping to prepare future teachers of Agama. He has taught workshops, intensive programs and retreats in Thailand, India, Turkey, Canada, Belgium, France, Spain, Switzerland and Holland. He is the co-founder, along with Monika Nataraj, of the Agama branch located in Dharamsala India, home of the Dalai Lama and Karmapa. He was managing and teaching in this center for 7 years every spring summer since 2007.

Manu constantly continued to develop his connection to spirituality with meeting other teachers from different traditions, helping him to continue to integrate and expand his understanding of the spiritual reality as well as to deepen his practice. Among these additional influences, two spiritual teachers predominantly guide and support his path till today. Since 2006, when he met Guruji Rajkumar Baswar, www.mahatantra.com, he developed an extensive practice in Tantric mantra meditation and ritual under his initiations and specific guidance. Together they organise several pilgrimages (Pujas) in India gathering up to 100 eager practitioners interested in this right hand tantric path. Since 2009, he has also been involved, in the Path of the Heart of Sri Prem Baba (international Teacher from the Saccha lineage established in Brazil and India www.prembaba.org.br) exploring the depth of the connection between psychology and spirituality and how they can work hand in hand in opening more to true love as the essence of our being.

The workshops and retreats that Manu teaches are a harmonious synthesis of all these different influences, using different techniques and teachings according to the theme of the workshop and needs of the participants

Importance of Silence

Silence (Mauna) is a very important part of this retreat, starting after the evening talk on the first day, Friday till the end of the last session on either Sunday or Wednesday. Much energy and ego go into our speech and to refrain from it is in fact a great support for meditation and improving a process of self-discovery.

We keep silent during the retreat in order to quiet our mind and maintain a serene, peaceful environment for everyone. This can be difficult at times, but most people find it a powerful and wonderful experience. You will find that you begin to cherish this Silence, learning how to be comfortable with it in mindfulness and wisdom. Training ourselves to walk, move, and perform daily activities quietly leads to a calm and graceful experience. Maintaining Silence is a way of developing self-discipline and a deeper, more compassionate understanding for all things.

Heart meditation and gentle yoga Schedule

Friday

Arrival - any time after 2pm

5:00 pm - Gentle Hatha Yoga

7:00 pm - Evening Meal

8:15pm - Introductory Talk and first Meditation

Starting of Silence (mauna).

Saturday

7:00 - 9:00 a.m - Meditation with several breaks

9:00 - 9:40 a.m - Light Breakfast

9:40 - 10:30 a.m - Morning Talk

10:30 - 11:30 p.m - Gentle Hatha Yoga

11:30 - 12:00 p.m -Meditation

12:00 – 3:30 p.m - Lunch and Free Time

3:30 - 5:30 p.m - Meditation with breaks

5:30 - 6:00 p.m - Individual Yoga Practice

6:00 - 7:30 p.m - Dinner

7:30 - 8:30 p.m - Evening Talk, Q&A, small documentary

8:30 - 9:00p.m - Meditation

Sunday

7:00 - 9:00 a.m - Meditation with optional breaks

9:00 - 9:40 a.m - Light Breakfast

9:40 - 10:30 a.m - Morning Talk

10:30 - 11:30 a.m - Gentle Hatha Yoga

11:30 - 12:10 p.m -Meditation

12:10 - 12:30 p.m - Closing Circle for those who are leaving

12:30 – 3:30 p.m - Lunch and Free Time. For 3 day retreat guests, please check out of rooms before lunch.

For those who continue the retreat:

3.30 – 5:30 p.m - meditation with breaks

5:30 - 6 p.m - individual practice

6:00 – 7.30 p.m - Dinner

7:30 -8:30 p.m- Evening Talk and Q&A

8:30 – 9:00 p.m - Meditation

Monday and Tuesday

7:00 - 9:00 a.m - Meditation with breaks

9:00 - 9:30 a.m - Light Breakfast

9:30 - 10:30 a.m - Morning Talk

10:30 - 11:30 p.m - Gentle Hatha Yoga

11:30 - 12:00 p.m - Meditation

12:00 – 3:30 p.m - Lunch and Free Time

3:30 - 5:30 p.m - Meditation with breaks

5:30 - 6:00 p.m - Individual Yoga Practice

6:00 - 7:30 p.m - Dinner

7:30 - 8:30 p.m - Evening Talk and Q&A

8:30 - 9:00p.m - Meditation

Wednesday

7:00 - 7:30 a.m - Light Snack, Breakfast

7:30 - 10:30 a.m Meditation, Yoga, closing circle

11:00 - Brunch

12: 00 - check out of the rooms

Retreat Rates

3 day (Friday – Sunday)

Shared (3-4 share) : \$375 + hst / person

Semi Private (2 share): \$400 + hst / person

Private: \$500+hst/person

Shanti Tent: \$350+ hst / person

6 Day Retreat (Friday – Wednesday)

Shared (3-4 share): \$700 + hst/ person

Semi Private (2 share): \$750 + hst / person

Private : \$850 + hst/person

Shanti Tent: \$675 + hst / person