

Silence of the Heart

A 4 Day Hridaya Silent Meditation Retreat

with Nicholas Currie



Rates

Semi Private Shared
\$555+HST \$525+HST

July 31-August 3, 2017

MONDAY

Arrival Any Time After 2:00pm
4:30-6:00pm Intro, Orientation & Meditation
6:00pm Dinner
7:00pm Evening Lecture and Meditation

TUESDAY

7:00-9:00am Meditation with Breaks
9:00-9:45am Breakfast
9:45-10:45am Discourse & Exploration of the Hridaya Hatha Yoga Approach
10:45-1:00pm Hridaya Hatha Yoga Practice & Meditation
1:00-3:30pm Lunch & Rest Period
3:30-6:00pm Meditation with Breaks
6:00-7:00pm Dinner
7:00-9:30pm Q&A, Lecture & Meditation

WEDNESDAY

7:00-9:00am Meditation with Breaks
9:00-9:45am Breakfast
9:45-10:45am Special Discourse
10:45-1:00pm Hridaya Hatha Yoga Practice & Meditation
1:00-3:30pm Lunch & Rest Period
3:30-6:00pm Meditation with Breaks
6:00pm Dinner
7:00-9:30pm Q&A, Lecture & Meditation

THURSDAY

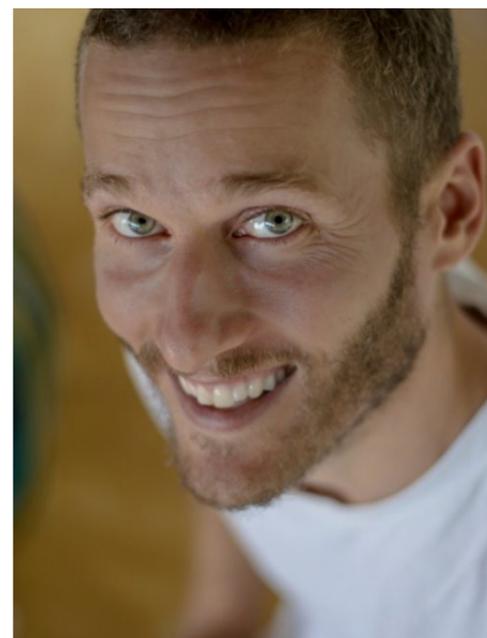
7:00-9:00am Meditation with Breaks
9:00-9:45am Breakfast
9:45-10:45am Final Discourse & Meditation
Check Out of Rooms by 12:00pm
11:30-12:30pm Sharing & Closing
12:30pm Lunch
Enjoy the Property Until 2:00pm

What is Hridaya?

Hridaya Yoga (www.hridaya-yoga.com) literally translates to the Yoga of the Heart and takes its roots from the shared truth found in the Yoga Sutras of Patanjali, Advaita Vedanta, Kaishmiri Shaivism as well as finding many correlations with the mystical traditions of Sufism, Christianity, Buddhism and Taoism.

The unique meditation and yoga techniques practiced during this retreat are an inspired integration of traditions from both East and West. This retreat will provide participants with the opportunity to engage in deep Self-Enquiry, using methods focusing upon stilling the mind, and centering in the Heart in order to reveal one's true nature. Practical approaches and attitudes will also be shared to inspire participants to live their lives in deeper trust and surrender, letting go of the streams of stress and anxiety which too often crowd one's daily experience. This silent retreat is ideal for those just beginning to explore the path of meditation/yoga and deeper enquiry as well as for those wishing to deepen their practice of meditation and delve deeper into their true essence. Don't miss this beautiful heart opening and mind-stilling retreat!

"Always live with an open Heart. This means being available to both the outer and the inner worlds. The openness of the Heart is nothing else but the vastness of pure awareness, the eternity of the present moment." -Sahajananda



Your Retreat Includes

Accommodation at Shanti Retreat, 9 Vegetarian Meals, All Lectures, Meditations and Yoga Classes with Nick (Suitable For All Levels), 1 Infrared Sauna Session, and Use of Shanti's Amenities (Wellness Tea Bar, WiFi, Labyrinth, Canoes and Kayaks, Hammocks, Walking and Cycling Routes).

Main Elements of This Retreat

- Simple techniques for quieting the mind including breath awareness techniques
- The art of watchfulness of the mind
- A brief discussion on meditation postures
- The three pillars of the Hridaya Meditation
- Cultivating Love, heart-centered awareness and learning to live with an open heart

Larger teachings to be covered in the main lectures:

- The deeper meaning of Yoga and meditation and making sense of these spiritual sign posts
- The Path of Surrender, 'Letting-Go': in asana practice, meditation and daily life
- Contentment: Finding true joy and fulfillment in the Now.
- Self-Inquiry using the question 'Who am I?' and the intimate feeling of existence, 'I AM' to reveal who we really are
- The essentials of Hridaya Hatha Yoga: an internalized, meditative and intimate approach to hatha yoga

About Nicholas

This 4 day retreat will be led by Nicholas Currie, a certified yoga/meditation instructor who has dedicated the past 10 years of his life to the path of the Heart. He has participated in many silent meditation retreats in solitude and with his teacher Sahajananda, as well as other spiritual masters in Thailand, India, and North America. Nicholas has also guided many silent meditation retreats and workshops and spends many months of the year serving and deepening his understanding and practice at the Hridaya Yoga headquarters in Mazunte, Oaxaca, Mexico. His deep desire to share these teachings of the Heart with others is a direct result of the deep transformation these very teachings have brought on all levels of his being.

