



ask@retreat.no

A silent Weekend: April 27-29 - Meditation with Audhild & Bjarke

The Weekend Retreat in meditation is an intensive course with the meditation techniques of the Yoga Tradition. We will primarily work with the **Returning meditation**, but you will also be introduced to the **Inner Silence meditation** (Antar Mauna) and The **Source of Energy meditation** (Vishuddhi Shuddhi). **Deep Relaxation** (Yoga Nidra) and a simple yoga program complements the meditations. All this is supported by **one day of Silence** (Mauna), good vegetarian food and sauna. The entire structure of the Retreat provides a more natural state of inner calm and a feeling of being more at home in your self. *Everybody is welcome to join the retreat.*

The Meditation retreat include:

Meditation

We will primarily work with the Returning Meditation. In addition, you will be introduced to the Source of Energy and the Inner Silence meditation.

The Returning Meditation is a basic, yet simple and powerful meditation technique. Through awareness of the body and returning to the spontaneous breath it gives you a tool for returning to yourself - to the state of resting in yourself. You will be given thoroughly instruction in the technique the first evening of the Retreat. The rest of the weekend we sit in silence together when doing this meditation.

Inner Silence meditation begins with a fundamental training of your awareness. You learn to accept disturbances and thoughts. The essence of Inner Silence meditation is a transforming experience of the silence from where we experience everything else - that of being one with oneself.

The Source of Energy meditation cleans and clear up in the body and mind by using a special breathing technique (Ujjaya Pranayama) and concentration on the chakras. Energy stored in tensions and an unclear state of mind are released and transformed into a state of resting calm and spaciousness.

Relaxation

You will learn simple relaxation techniques for use in daily life, and also Yoga Nidra – deep relaxation.

Simple, easy yoga

As part of the meditation Retreat, we have a simple yoga program Saturday and Sunday afternoon, making it easier to sit comfortably and properly during meditation.



Bjarke Jorgensen
Danish. He has 35 years of experience with meditation and educated by Swami Janakananda.



Audhild Naustdal
Norwegian. She is educated yoga- and meditation teacher by Bjarke and Swami Janakananda.

A Retreat Day may look like this:

7:30-8:00 am	Awakening yourself, toilet
8:00-8:30	Source of Energy Meditation
8:30-9:00	The Returning Meditation
9:00-9:30	Breakfast: Fruit, porridge and tea
9:30-10:30	Karma Yoga - practical work
10:30-11:15	Yoga Nidra deep relaxation
11:15-noon	The Returning Meditation
noon-4:30 pm	Lunch and leisure time – walking, sauna etc.
4:30-5:30	Small yoga program, breathing exercises etc.
5:30-6:00	Inner Silence Meditation
6:00-6:30	The Returning Meditation
6:30	Supper
8:30-9:30	Satsang, Kirtan, Sufi-dance etc.
9:30-10:00	The Returning Meditation

Talks, Satsang and Mauna (stillnes)

Saturday evening we will do Sufi-dance or Kirtan. Sunday afternoon we will talk about how to continue and questions related to meditation. Saturday afternoon we will have Sauna with bathing in the sea. In addition you take part in practical work (Karma yoga) every day. From Saturday at noon to Sunday at noon we observe one day of Silence (Mauna).

Times: The retreat starts Friday evening April 27 at 6.30 p.m. and ends Sunday evening April 29 at 6 p.m.

The retreat costs NOK 3.100. Enrolment is done in our web shop which accept secure payment with VISA and MASTER credit card. After enrolling we will email you a confirmation with further information on how to get here by car or bus from Bergen.

Read the brochure about Ask Retreat Centre and the conditions of participation: www.retreat.no

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Ask Retreat Centre: Floridavegen 81 • N-5307 Ask • Norway • Phone +47 56 15 15 00