



# Ashram at Ask Retreat Centre

**The word «Ashram» means a workshop for spiritual growth or a place that encourages and creates an environment for working with oneself – a workshop of silence.**

This is a possibility to take a break from your daily life and work more intensive with your own practice of yoga and meditation, a dose of silence to take with you home. There is no teaching, you are responsible yourself for doing yoga, pranayama, relaxation and meditation in the Pyramid at the specified time.

An Ashram is also a social community, but the personal practice of yoga and meditation is the hidden core carrying the community. If you decide to live in our Ashram it is mainly to stabilize and deepen your own yoga and meditation and not just to stay at a place with cheap accommodation or suck on a spiritual community. When you do your daily practice of yoga and meditation and engage yourself in Karma Yoga then this is your main contribution to the spiritual community.

## Daily program:

- 6.00 - 8.00 Kriya Yoga – for initiates in the Pyramid. Do your own yoga / meditation in your room.
- 8.00 - 8.30 Silent meditation – for all
- 8.30 - 9.00 Private or common breakfast
- 9.00 - 9.15 Morning meeting
- 9.15 - 1.15 Karma Yoga
- 1.15 - 2.00 Yoga Nidra relaxation – for all
- 2.00 - 3.00 Common or private lunch
- 3.00 - 5.00 Karma Yoga / free time / sauna
- 5.00 - 6.30 Yoga and breathing exercises
- 7.00 Private or common meal
- 10.00 Silent meditation – for all

Be prepared to follow the time schedule of the ashram precisely. Please come 5 minutes before an activity starts. If you are too late for a relaxation or meditation, you can't participate.

## Conditions of the Ashram

1. You have participated on one of our retreats at Ask Retreat Centre.
2. Daily personal practice of yoga and meditation when living here.
3. You do at least 2 hour of Karma Yoga each day.

## Karma Yoga

Karma Yoga is practical activity which gives you more joy of living by creating more presence and focus into the now. Through karma yoga you dissolve your worries and fears and enable yourself to go deeper in the meditation and your contact with the natural state of inner silence.

Ask Retreat Centre is run on an idealistic basis and is organized as a non-profit organization. As a visitor, for a shorter or longer period, you are encouraged to help with the daily work with maintenance and development of the centre. Typical karma yoga tasks may be forest work, chopping of wood, painting of houses etc.

## Courses/retreats for residential

When you live here for at least a month we give you 50% discount on our courses / retreats – both here and in Bergen. You get 20% discount on our retreats with guest teachers.

## Prices for meals pr person

We are making healthy and delicious vegetarian food. At 2 pm is the common lunch in Alexanderhytten. **Everybody** joins in cooking on a shared basis and also in keeping the areas of the centre clean and tidy.

### PRICES FOR MEALS

Lunch pr day	NOK	40,-
All meals pr day	NOK	80,-

**Please contact us if you want to stay here for a shorter or longer period to work with yourself.**

## Prices for accommodation/rent

We have 3 cottages and 2 flats: **The Alexander Cottage** has two rooms, common kitchen, dining room, toilet and shower. **The Alcove** has two rooms, common toilet and shower. **The Cottage** has 3 beds, kitchen, toilet and shower. All rooms in the different cottages have a sink. We also have **The View** a house with 2 flats of approx. 120 m<sup>2</sup>.

Children up to 13 years can join you for half price. Bed sheets, duvet cover, pillowcase and towel can be rented for NOK 100, but you are free to bring your own.

*All prices are for 1 person.* If you wish to stay here without doing yoga and karma yoga it is possible but at other rates. Please contact us!

### PRICES PR DAY

Single room*	NOK	150,-
2-3 persons pr room	NOK	100,-
The whole Cottage* (1-3 persons)	NOK	500,-

### WEEKEND PRICES (Friday to Sunday)

Single room*	NOK	250,-
2-3 persons pr room	NOK	175,-
The whole Cottage* (1-3 persons)	NOK	875,-

### WEEK PRICES (7 days)

Single room*	NOK	600,-
2-3 persons pr room	NOK	400,-
The whole Cottage* (1-3 persons)	NOK	2.000,-

### MONTHLY PRICES

Single room*	NOK	1.500,-
2-3 persons pr room	NOK	1.000,-
The whole Cottage** (1-3 persons)	NOK	5.000,-

\*Even if you have rented your own room/cottage, you might have to share the room/cottage with other people, during courses/retreats. In this case, you only pay NOK 100 pr day.  
\*\*Include in the rent for the whole Cottage: you might need to share it with others during retreats/courses; this does not affect the price.



More information: [www.retreat.no](http://www.retreat.no) or email: [ask@retreat.no](mailto:ask@retreat.no)

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# SCANDINAVIAN YOGA AND MEDITATION SCHOOL

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