



Hymns: Himalayan Yoga Meditation Netherlands Society
Hymin: Himalayan Yoga Meditation Institute Netherlands



The "Himalayan Yoga & Meditation Network Society" (HYMNS) is a network of spiritual seekers, who exchange knowledge and experience far beyond their own geographical, religious, spiritual and cultural borders. Swami Veda is the spiritual master of this European 'hub' of the Himalayan network.

Intensive Silence Retreat

'From Mind to Consciousness'

Five days of Intensive Silence
20-24 September 2019

Guided by

Swami Ritavan Bharati
Swami Ma Tripurashakti Bharati
Pandit Ashutosh Sharma

Immerse yourself in the Spirit of the Lineage of The Himalayan Tradition. The practices and teaching of this intensive silence retreat will deepen and strengthen silence.

Silence is not only the act of not speaking; it is something that fills, energizes, awakens, raises the power within, changing the 'frequencies' of your being.

Enjoy Yoga on a Deeper Level !

Location

Monastery Beukenhof at Biezenmortel in Holland

Easy to reach / international connections

Eindhoven Airport at 20 minutes' distance + cheap flights

Amsterdam Airport at 1,5 hour's distance

**For PARTICIPATION OPTIONS and FEES,
see below**

AIM SILENCE RETREAT

This Intensive Silence Retreat will allow participants to find a deep silence and obtain deeper insights into oneself and the healing power of silence (in action, speech and thought). In addition, participants will be inspired by the presentations and workshops on specific methods for relaxation (hatha yoga, yoga nidra) and philosophies and practices of meditation for a better understanding of the process of silence.

Immerging oneself in Silence provides a window through which one witnesses with deepening awareness the nature of one's own mind. Over the days of the retreat that awareness increases in subtlety and becomes finer and finer.

PROFILES OF THE TEACHERS

Swami Ritavan Bharati has been a disciple of Swami Rama and Swami Veda Bharati for



40 years. He is educated and trained in the Himalayan tradition of Yoga and Meditation. He holds several academic degrees in Eastern Philosophies, Psychology and Education. Swami Ritavan Bharati is the spiritual director of the Meditation Centre in Minneapolis, USA and is also senior teacher of the Himalyan International Teachers Training. He took his vows of Swamihood in February 2007 during the celebration of Swami Veda Bharati's 60th year of teaching.

After Swami Veda left the body, Swami Ritavan saw the spiritual leadership and leadership of the ashram bestowed on him.

Swami Ma Tripurashakti Bharati (Ma Tri) is a student of Swami Jnaneshvara Bharati.



Taking birth in the Netherlands, plus being young and female, allows her to share the teachings of this Tradition from a unique perspective. A lifelong longing to know True Self, to be FREEEE, has brought her from the Art-Academy almost immediately to a life based on practice. This has led her to a life of sannyas before she was even 30. Knowing there is nothing new to say, she offers the same ancient teachings using modern ways of communication. She has built a website in both English and Dutch and creates animations on YouTube.

Swami Ma Tripurashakti travels around in the world between different places such as Abhyasa Ashram (founded by Swami Jnaneshvara) and Sadhana Mandir, to practice, serve, and share the teaching of Yoga, Advaita Vedanta and Samaya Sri Vidya Tantra.... Be in awe of the Divine Beauty of the apparent play of Pure Consciousness and devote every breath to know Her, Tripura, the One that plays in the Waking, Dreaming and Deep Sleep States!

Ashutosh Sharma was born in Rishikesh (India) in 1972. He has been practising and teaching



Hatha Yoga for more than 20 years. He learned asanas, pranayama and relaxational techniques from different Yoga schools in Rishikesh. In 1992 he met Swami Rama of the Himalayas and was put in Swami Veda Bharati's care to learn more about meditation and intensify his studies in the Himalayan Tradition. From 1996 he has travelled through Europe, North-America and South-East Asia, teaching Hatha Yoga and improving himself. He currently lives in Berlin with his wife Andrea Sharma. He continues his teachings of Hatha Yoga in the Himalayan Tradition and is also as senior teacher in the Teacher Training Program.

REGISTRATION

1. Fill in the registration form on this website (click on 'Schrijf u hier in') and tick your participation options (option 1 or 2).
2. If you wish to share a room with someone you know, please give his/her name.
3. Your registration is only complete/accepted after payment of a minimal sum of € 80,- to HYMNS (see account information here below).
4. The remaining amount should be paid before 1st August 2018.

PARTICIPATION OPTIONS and FEES

Only FULL PARTICIPATION :

Friday-Tuesday, 22 - 24 September 2019

(5 days/4 nights + all meals)

Option 1 : Double room (shared) € 495

Option 2 : Single room € 565

PAYMENT REGULATION

-At registration first payment of € 80 + remaining sum before 1 August 2018

-For **cancellations** before 1 August 2019 we will charge € 80,-

-For **cancellations** during August 2019 we will charge € 150,-

-For **cancellations** after 1 September 2019 we will charge 50%

-Full Payment has to be in the HYMNS bank account before 1 August 2019.

Payment:

Via ING Bank, Amsterdam.

Account name: Stichting HYMNS.

IBAN/Account: **NL32 INGB 0007 0385 40**

BIC-code (for international money transfer): INGBNL2A

If applicable: the participant should also pay for the costs of international remittance.

Reference: Intensive Silence Retreat October 2018

Information: Kries Manniesing (+31) (0)20 6649442 or info@rajayogales.nl