

Silent Classical Yoga & Meditation Retreat

Easter retreat at beautiful Niche Retreat, Tasmania

April 2 – 5, 2010

In silence, listen; in silence, trust

What is a silent retreat?

Silence is demanding. Silence is discipline. The habits formed by the mind drive us to fill space with meaningless sound. The insecurity of the ego drives us to put ourselves into the scene, to announce our presence, meekly or boldly. The discipline lies in stilling the desires of the mind and ego. The longer the silence, the more demanding these facets of ourselves may seem. But the rewards are substantial.

In silence, we learn to listen. In silence, we learn to trust. In silence, we are part of the mystery of the world. A chattering mind chases away the hearing, the trust, and the mystery.



Swami Shantananda (Mataji)

Do I just sit quietly for the whole time?

No! You will be active some of the time —walking, asana or quiet personal activity There will be periods of satsang – discussion or question times – amongst the quiet mindful times throughout the four days.

While silence pulls us into the aloneness of being, satsang brings us into personal contact. True spiritual life embraces both loving human contact and the austerity of the quiet mind. We are, after all, humankind-spiritkind.

Mataji

This peaceful, private waterfront Retreat is surrounded by native garden and natural bushland with breathtaking views of Cygnet Bay.



At the retreat you will:

- Deepen your meditation practice
- Explore being present moment to moment for a richer experience of life

You will also enjoy

- Quiet time to yourself for walking or relaxing
- Delicious vegetarian cuisine—a practice of ahimsa
- Comfortable & clean accommodation
- Practice asana twice daily



Asana with Ma Sally

For your asana practice on this retreat you will tune in with the body and notice the living energy and subtle sensations that may otherwise be less obvious. You can then take the mindful awareness of body and mind, this rich inner stillness, off the mat and into your every day living for a richer experience of everyday life.

Your practice, whether gentle or more dynamic, is designed to ease out tightness and to challenge and explore to your own limits.

Sally

When, where, how much?

The retreat will take place at Niche Retreat Centre, one hour's drive south of Hobart. We start at 3.00 Friday April 2 and retreat concludes at 3pm Monday April 5, 2010. (Arrive any time Friday, lunch available at 12.30.)

Your investment of \$540 includes full accommodation and meals, and the opportunity to delve deep within in the beautiful surrounds of the Huon Valley.

Deposit of \$200 is required by February 20, 2010.

Book early to secure your flights and place.



Enquiries and Bookings:

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For more information visit the Niche Retreat website

www.nichetas.com.au

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