



Himalayan Yoga Tradition

2009 Summer Silence & Sadhana Retreat

July 18 – August 1, 2009

*University of St. Thomas
St. Paul, Minnesota*

The Art & Science of Silence

Save your Breath and Live Long...

A Practice of Silence: At some point in one's spiritual progress an urge to silence arises uninvited; a wave that carries the mind self-wards, inwards, to the center of consciousness. In all spiritual traditions as well as traditional healing traditions, the aspirant is assigned periods of silence, not to speak and re-juvenate from within.

Silence is not merely an absence of speech. It is a fullness of the mind; the mind filled with the flow of an energy stream rising from within. For such a silence one needs guidance. The science of silence, a guided silence, includes many steps. It is a methodical guided silence that helps the participant channel their emotional energies, directing them inward to the healing source of the Life Force. The Silence Retreat Guide use ancient wisdom techniques of the Himalayan Tradition to assist the participants with personality issues that may arise.

Silence is the art of longevity. The human life span is not measured in years; it is measured in the number of breaths allotted karmically. How long would you want to live? Enjoy the Art and Science of Silence. You can choose four, five, six or ten days of silence during the time you are on the St. Thomas Campus.



Your Silence Guides Swami Ritavan Bharati and Jim Nelson (see HYT Faculty Biographies separately listed on the web site) will provide more information at the Orientation session.

Some of the topics that the Silence Guides may use to help you with your Silence are listed below:

- Hatha instruction: movement with awareness for health and vitality
- Breathing practices and refinements in pranayama.
- Digestive breathing, alternate-nostril breathing, 2-to-1 breathing, 108 nadi-shodhana, subtle-body breath awareness, OM kriya.

- Other kriyas: refinements in subtle-body awareness (prana vidya), yoga nidra
- Meditation: refinements in steps and stages, special meditation including manas puja, 61 point healing practice,
- Mantra Practices: special mantras, refinement of mantra japa, and ajapa japa
- Emotional purification: prayash-chitta and chitta-prasadana
- Self-inquiry, inner dialogue, introspection, acceptance and forgiveness
- Exploring mental habits, basic urges, and energy of positive, creative emotions
- Five Pillars of Sadhana as framework for spiritual renewal and self-transformation
- Sankalpa shakti, power of will, resolve, determination and intention
- Transforming loneliness into solitude

All Silence Retreat guests are invited to join the joint sessions held at the Congress Ashram in the Grand Hall at McNeely Hall. The schedule for the Congress Ashram is listed below. It is followed by a Day-by-Day Silence Schedule listed in chronological order.

- July 18th – 23rd July: Full Ten-Day Silence and First Session 5-Day Silence
- July 23rd – 28th: Continuation for 10-Day Silence Participants
- July 23rd – 28th: Second Session 5-Day Silence
- July 24 – 28th: 4-Day Silence
- July 26 – Aug 1st: 6-Day Silence

Review the daily schedule, and message board for changes, signing-up for personal appointments, and other messages and practice handouts.



Himalayan Yoga Tradition

2009 Congress Ashram Schedule

*McNeely Hall – Grand Hall
University of St. Thomas
St. Paul, MN, USA*

July 19 – August 1, 2009

Daily Schedule

05:00	Rise with AtmaTattvavalokanam
05:30-05:45	Prayers – Michael Smith
05:45-07:10	Hatha Yoga & Pranayama – Maya Balog, Mary Bowman-Cline & others
07:10-08:00	Meditation – Ma Radha & other Swamis
08:00-09:00	Breakfast
09:15-09:45	Contemplative Walk – Ma Radha
10:00-11:30	Silence AM Workshop: Swami Ritavan / Jim Nelson (see list)
11:30-12:00	Breathing Practice
12:00-1:00	Lunch
1:00 - 1:30	Digestive Breathing & Conscious Relaxation: Ma Radha
2:00 - 3:30	Silence PM Workshop, Japa, Practices, Private Appointments
3:30 - 4:00	Tea
4:00 - 5:00	Silence Group Meditation (optional)
5:00 - 5:45	Silence Group Guided practice, Hatha, or vigorous walking
5:45-6:00	Pranayama Practice
6:00-7:00	Light Supper
7:30-9:00	Evening Program
9:00	Evening Prayers – Stoma Parker and Peter Fabian

Note: The Silence Sessions will be held in a different room, all other sessions will be joint sessions with all 2009 Congress Retreat participants in the Ashram Room. The retreat schedule is subject to change, please check daily.

Day-by-Day Silence Schedule

Full Ten-Day Silence and First Session 5-Day Silence, July 18th – 23rd:

Saturday, July 18th: arrival, room assignments, dinner is included on the first evening

3:00 – 5:00: Yoga Nidra with Swami Veda (optional – \$35)

7:30 – 8:30pm: Orientation: How and Why's of Silence - Staff

Day 1. Sunday, 19th

10:00 – 11:30 Silence & Inner Dialogue - Jim Nelson

02:00 – 03:30 Science of Breath & Practice of Meditation - Swami Ritavan

Day 2. Monday 20th

10:00 – 11:30 Silence & Primitive Urges - Jim Nelson

02:00 – 03:30 Prayash- Chitta and Chitta-Prasadana - Swami Ritavan

Day 3. Tuesday 21st

10:00 – 11:30 Silence & Your Emotions - Jim Nelson

02:00 – 03:30 Entering the Heart Cave of Silence - Swami Ritavan

07:30 – 09:00pm Talk by Swami Veda (donation)

Day 4. Wednesday 22nd

10:00 – 11:30 Habits, Will Power & Silence - Jim Nelson

02:00 – 03:30 Mantra and Japa - Swami Ritavan

Day 5. Thursday 23rd

10:00 – 11:30 Transition, Final Test: Coming out of silence- Swami Ritavan & Jim Nelson

Depart after Lunch

Continuation for 10-Day Silence Participants

Day 5. Thursday 23rd

10:00 – 11:30 Living the Silent Way in a Busy Life - Jim Nelson

07:30 – 09:00pm Talk by Swami Veda (donation)

Day 6. Friday 24th

Japa, & Special Practices

Day 7. Saturday 25th

Japa, & Special Practices

7:15 – 8:45pm Swami Veda's Peace Meditation and talk (donation)

Day 8. Sunday 26th

Japa, & Special Practices

Day 9. Monday 27th

Japa, & Special Practices

Day 10. Tuesday 28th

10:00 – 11:30 Transition, Final Test: Coming out of silence - Swami Ritavan & Jim Nelson

Depart after Lunch

Day-by-Day Silence Schedule

Second Session 5-Day Silence, July 23rd – 28th:

Thursday 23rd: arrival, room assignments, dinner is included on the first evening

4:00 – 5:00 Orientation: How and Why's of Silence-staff

7:30 – 9:00pm Talk by Swami Veda (donation)

Day 1. Friday, 24th

10:00 – 11:30 Silence & Inner Dialogue - Jim Nelson

02:00 – 03:30 Science of Breath & Practice of Meditation - Swami Ritavan

7:00 – 10:00PM Russill Paul Kirtan (Separate Fee)

Day 2. Saturday, 25th

10:00 – 11:30 Silence & Primitive Urges - Swami Ritavan

02:00 – 03:30 Prayash- Chitta and Chitta-Prasadana - Swami Ritavan

7:15 – 8:45, Swami Veda's Peace Meditation and Talk (donation)

Day 3. Sunday, 26th

10:00 – 11:30 Silence & Your Emotions - Jim Nelson

02:00 – 03:30 Entering the Heart Cave of Silence - Swami Ritavan

Day 4. Monday, 27th

10:00 – 11:30 Habits, Will Power & Silence - Jim Nelson

02:00 – 03:30 Mantra and Japa - Swami Ritavan

Day 5. Tuesday, 28th Transition Day

10:00 – 11:30 Integrating Silence into Daily Life – Swami Ritavan & Jim Nelson

Depart after Lunch

4-Day Silence, July 24 – 28th:

Friday, 24th: arrival, room assignments, dinner is included on the first evening

7:00 – 10:00PM Kirtan (Separate Fee)

Day 1. Saturday, 25th

10:00 – 11:30 Orientation: How and Why's of Silence - Jim Nelson

02:00 – 03:30 Silence & Inner Dialogue - Jim Nelson

07:15 – 08:45 Swami Veda's Peace Meditation and talk (Donation)

Day 2. Sunday, 26th

10:00 – 11:30 Silence & Your Emotions - Jim Nelson

02:00 – 03:30 Entering the Heart Cave of Silence - Swami Ritavan

Day 3. Monday, 27th

10:00 – 11:30 Habits, Will Power & Silence - Jim Nelson

02:00 – 3:30 Silence & Primitive Urges – Jim Nelson

Day 4. Tuesday, 28th Transition Day

10:00 – 11:30 Integrating Silence into Daily Life – Swami Ritavan & Jim Nelson

Depart after Lunch

Day-by-Day Silence Schedule

6-Day Silence, July 26 – Aug 1st:

Sunday, 26th: arrival, room assignments, dinner is included on the first evening

7:30 – 8:45 PM Orientation: How and Why's of Silence - Jim Nelson

Day 1. Monday, 27th

No AM Workshop

02:00 – 03:30 Silence & Primitive Urges – Jim Nelson

Day 2. Tuesday, 28th

No AM Workshop

02:00 – 03:30 Silence & Inner Dialogue – Jim Nelson

Day 3. Wednesday, 29th

No AM Workshop

02:00 – 03:30 Silence & Your Emotions – Jim Nelson

Day 4. Thursday, 30th

No AM Workshop

02:00 – 03:30 Habits, Will Power & Silence – Jim Nelson

Day 5. Friday, 31st

No AM Workshop

02:00 – 03:30 Living the Silent Way in a Busy Life – Jim Nelson

Day 6. Saturday, August 1st Transition Day

10:00 – 11:30 Coming out of Silence - Jim Nelson

Depart after Lunch