

AUM Retreat Schedule Aug 27-29, 2021

Friday

4pm - Arrival and check in.

5:30pm - Opening Circle and Partner Work

7:30pm - Dinner

9 - 10pm Kirtan/Meditation

Kirtan is call/listening and response singing/chanting designed to quiet the monkey mind and open the lotus heart. Bring a comfortable seat (we also have folding chairs), and you may bring percussion instrument you know how to play. Ricky will lead. If you must come and go, please do it discreetly. You are also welcome to do some self-guided practice in the back of the room during the kirtan but must be still/quiet during meditations.

Saturday

6am Breakfast and cleansing

.For best results, practice yoga with empty stomach, bladder and bowels.

Do your neti pot before class.

8am - 12pm Practice for Self

Yoga Talk: What is mind, body and spirit? What is self vs. Self? The art of moving into stillness and silence. Introduction to the 3 guna in yoga. If you like science and spirit, this is fascinating.

Hatha Yoga All Levels: Stretches, postures, vinyasa, pranayama (breathing exercises), bandha (locks). Basic yoga experience suggested.

Nada Yoga/Mantra Yoga/Kirtan: Singing and repeating mantra in preparation for silent meditation/observation.

Raja Yoga: Instruction will be given, enter silent meditation.

12pm Lunch Break

Keep it simple! Avoid venturing too far. I suggest you stick around and do your own meal prep or eat some fruit and keep your stomach half empty.

2pm - 4pm Lecture / Discussion / Questions

Self-Care, Self-Sabotage, Self-Mastery, Self-Realization

4pm - 6pm Deep Dive Into Pranayama and Meditation

What is Pranayama?

Anatomy of the Breath

How to Improve Breathing

Obstacles to Practice

Integrating Bandha (locks) with Pranayama

Light Hatha Practice followed by 30 min Guided Pranayama

ending with BLISSFUL RELAXATION OR MEDITATION

6pm Silent Free Time

Relax! Eat in silence. Walk the property in silence.

Dine out & experience Dallas, silently.

Sunday

6am Breakfast

8am - 12pm

Healing Vinyasa Yoga and Mashing, All Levels

Guided partner mashing, followed by purifying hatha vinyasa yoga practice, pranayama, kirtan and meditation/relaxation. Mashing is a technique to break up adhesions to allow greater movement, plus it feels great!

12pm Closing Circle (sharing) and Satsang (community of truth)

1:30pm Lunch and Networking

Depart by 3pm