



In Silence, I AM One with All I AM my Self

This is the first of two Silent Retreats to be held this year with Swamini Vinayananda. We all lead such hectic lives these days and our worlds are full of continuous man-made noise without and the constant and often stressful mental noise within. The purpose of these retreats is to just be quiet. "Be still and know that I AM God." PSALMS

"Let silence take you to the core of Life." RUMI

Firstly, to find the healing silence of nature; to hear the natural sounds of the birds and the wind and then to tune into the deep quietude of the earth and all living beings. In this underlying silence, the mind becomes still. It expands. All is known in the sacredness of silence.

"Silence without, stillness within." ECKHART.

This silence is the silence of Being, it is coming home, being myself, one with all. It is supreme Peace and fulfillment.

"What is your life about anyway? Nothing but a struggle to be someone. Nothing but a running from your own Silence." RUMI

In this retreat we shall stop running and embrace our own Silence, the deep quietude of Being.

RETREAT INFORMATION

VENUE: Rocklyn Yoga Ashram
393 Dean Barkstead Rd Rocklyn 3364
Near Daylesford, 90 min from Melbourne
For map see www.yogavic.org.au

DATES: Saturday 23 & Sunday 24 March 2019

TIMES: 9.30am Saturday to 3.00pm Sunday

COST: \$330

Early Bird Special: \$300 by Sunday 24 February.

Concession available. Please contact Swamini.

ACCOMMODATION:

Very comfortable shared rooms. Single rooms available at extra cost & advanced notification.

MEALS:

Tasty vegetarian meals. Special dietary needs can be accommodated with advance notification.

WHAT TO BRING:

Please download "DETAILS FOR THE RETREAT" from the website www.vinayananda.com OR contact Swamini for an E-mailed copy.

REGISTRATION: Payment by Sunday 17 March

BY MAIL TO SWAMINI VINAYANANDA
47 Hargraves St Castlemaine 3450

For all enquiries call 0458 201 128(M)

Please leave text or voice message or

E-mail: sw.vinayananda@gmail.com

Complete attached registration form with payment (cheque or credit) & post to Swamini Vinayananda (address above).

"DETAILS FOR RETREAT" will be E-mailed to you.

CLOSING DATE FOR REGISTRATIONS
SUNDAY 17 March 2019

REGISTRATION FORM

CHINMAYA MISSION AUSTRALIA

A.B.N. 63 224 595 801

Inner Silence

TWO DAY SILENT RETREAT
with Swamini Vinayananda

REGISTRATION FORM

\$330.00 for the 2 days.

Early Bird Special: **\$300.00** before 24 February

Name:.....

Address:.....

.....CODE.....

Phone:.....

Mobile:.....

E-mail:.....

.....

Amount enclosed: \$.....

Please tick: Cheque

(Cheques made payable to "Chinmaya Mission Australia")

CREDIT

(Please fill out exactly as given on your card)

Card Holders Name:.....

(Please tick) **Visa**

Master Card

Card Number

||_|_|_| ||_|_|_| ||_|_|_| ||_|_|_|

Expiry date:/.....

Signature:

DIETARY RESTRICTIONS:

eg: gluten free, no dairy, no wheat etc

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POST TO: Swamini Vinayananda

47 Hargraves St Castlemaine 3450