



Going Deeper Silent Retreat November 15 – 19, 2023

Going Deeper is a silent retreat created by our teacher, Baba Hari Dass, specifically for the purposes of turning our focus inwards. Using a blend of yogic techniques including postures, breathwork, chanting and meditation, each day devotes several hours to spiritual practices that guide you away from external distraction and towards your inner self.

We ask potential participants to review the information below to ensure that you understand the nature of the program, and that it is the type of experience that you are interested in.

Terminology

- **Āsanas:** yoga postures
- **Devotional practices**
 - **Ārati:** a ritual offering of symbolic elements of nature and of ourselves
 - **Kīrtan:** devotional singing in the Yogic tradition
 - **Mantra:** devotional chanting
- **Meditation**
- **Purification breaths / Prāṇāyāma:** breathing practice
- **Sādhana:** daily spiritual practice

The Going Deeper Retreat features an intense schedule of practice, yet one is free to choose whether to participate in all sessions of Āsanas, Prāṇāyāma, and Meditation, or to choose particular ones. However, we request that all participants observe the disciplines of the retreat while in the Program House.

While the retreat does not contain especially advanced practice, the schedule *is* very full. For those not familiar with Purification Breaths and Prāṇāyāma, we go over all the practices in the first evening's Orientation.

Below is a brief description of some of the unique features of Going Deeper. These are practices that our teacher, Baba Hari Dass, created specifically for this retreat:

- **Our "Cave-like"** environment in the Program House, where the retreat happen. We darken windows, with only a small lamp and candlelight indoors - a "cave" for our internally focused practice.
- **Practice of Silence:** We observe vocal silence except for chanting and singing. Writing to communicate is permitted. Paper pads & pens are provided.
- **Early wake-up time** if one chooses to do the morning *Sādhana*, which begins at 5 a.m.

- **Āsanas** (postures) are offered twice a day, plus some simple warm-ups before the morning *Sādhana*.
- **Meditation & Prāṇāyāma:** The retreat features several hours of practice daily if one participates in the twice-daily sessions.
 - The morning practice is a **3.5 hour** practice, comprised of 5 different "periods"
 - 3 sessions of sitting, each no longer than 45-55 minutes, with 5-10 minutes of walking meditation in between; then,
 - a standing meditation,
 - and lastly, a lying-down meditation to conclude, with *Āsanas* following
 - The late afternoon/early evening practice is not as lengthy – it is about **1.5 hours** – and includes chanting of *Mantra*, an evening ritual, and some *Kīrtan*.
- **Prescribed Diet:** We eat a special diet, with meals twice per day, also designed by Babaji. The prescribed diet is quite nourishing, yet lighter and easily digested. Participants tell us that they love the food and find more than enough to be satisfied! It is a Yogic diet consisting of:
 - vegetable soups
 - grains
 - dairy (yogurt, cottage cheese, ghee, & milk) and kheer (a delicious rice porridge) in the morning and to drink if one chooses
 - fruits, and nuts (always offered separately)
 - fruit, tea, & milks (dairy & non) are available at all times

Please let us know about any allergies or restrictions upon registration including, if you are vegan and/or do not include dairy in your diet at all.

This retreat, while emphasizing breathing practices & meditation, also has devotional elements:

- **Evening Ārati:** a ritual offering of symbolic elements of nature & of ourselves - light, scent, water, bells, & songs of praise - to sacred images, and to the Divine within. This is done within the building.
- **Chanting of mantras** from the *Vedas* and *Kīrtan*
- **Readings, stories, and mystic poetry**
- **Forgiveness Āsanas:** a series of *Āsana* postures accompanied by mantras, in which various negative qualities or obstacles are offered; a practice created by our teacher

If you have any questions about the Going Deeper retreat, please contact info@saltspringcentre.com.

Thank you,
The Salt Spring Centre of Yoga teams