



www.kriya.org
Nov 7 - 9, 2014
Texas Kriya Yoga Silent Retreat
Near Austin, TX
With
[Swami Atmavidyananda Giri](#)

Dear Loving Divine Souls:

You're invited to participate in the Texas Kriya Yoga Silent Retreat. Make the pilgrimage to the beautiful Texas Hill country. This is a rare opportunity to sit with a Monk of our Kriya Yoga Lineage, Swami Atmavidyananda Giri and go within to experience silence. This year's retreat topic is **"Means of attaining perfection in Yoga"** (taken from a yogic text **Shiva Samhita**).

Registration and Check in: begins on Friday 2:00 -2:45 pm and the retreat starts at 3:00 pm. We encourage early arrival to allow time to check into your room and relax before the retreat begins. **Late check-in Fri or Saturday ok with prior arrangement. No airport pick up - retreat price remains the same.**

Registration deadline Oct 19 Please note the pre-registration (non-refundable \$50 deposit) does not guarantee or reserve a space at this retreat beyond Oct 19. Please do not wait to plan; send in the enclosed registration form as soon as possible to ensure your participation. Space for this retreat is limited to 28. All registrations are on a first-come basis.

Cost and Accommodations: Lodge price is \$277 **[early registration price due Sept 30]** is in the IndianLodge with shared rooms of 3 to 4 people per room with share baths. Price includes lodging with a/c and heat for 2 nights/ 3 days and vegetarian meals

Love and Blessings, Dr. Carolyn Love

The retreat is for initiates in the lineage of Paramahansa Hariharananda & Paramahansa Prajnanananda or their designated representatives.

New to Note:

- **For this retreat you will need to bring your own towels & wash cloth**
- Retreat Limited to 28 people
- There will be no frelonic padding this year at the retreat. Red meditation cushions will be provided, however you will want to bring a yoga mat, towel, or blanket as cushion for your ankles and feet.

Schedule of Texas Silent Retreat

Fri Nov 7, 2014

2:00 – 2:45 PM- CHECK-IN	6:00 PM – Break
3:00 PM OPENING CEREMONY	6:30 PM – Meditation
3:15 PM - Meditation	8:30 PM – light supper
	9:15 PM – Prayer Service
	9:45 PM – Retire
4:45 Break	10:00 PM – Noble Silence until 9:00 AM
5:00 PM – Class	Silence begins for duration of retreat

Saturday Nov 8

6:00 AM – Morning Walk	4:00 PM – Beverage break
6:30 AM – Meditation	4:30 PM – Class
8:30 AM – Breakfast	6:00 PM – Break
9:30 AM – Class	6:30 PM – Meditation
10:30 AM –Break	8:30 PM – light supper
11:00 AM – Meditation	9:15 PM – Prayer Service/evening Chant
1:00 PM – Lunch	9:45 PM – Retire
2:00 PM – Rest and Nature Walk	10:00 PM – Noble Silence until 9:00 AM

Sunday Nov 9

6:00 AM – Morning Walk	1:00 PM – Lunch (silence ends)
6:30 AM – Meditation	1:30 PM – Rest and Nature Walk
8:30 AM – Breakfast	2:30 PM – Q & A with Swami
9:30 AM – Class	3:00 PM – Meditation
10:30 AM – Break	4:30 PM – end Meditation
11:00 AM – Meditation	4:45 PM – Depart

Retreat Guidelines

Seva: You may be called upon to help with additional seva activities as needed. This includes setting up and tearing down for the retreat.

Silence: Silence which will start from Friday evening until Sunday after lunch. Kriyavans observe Silence with a full-hearted effort. Noble Silence (10pm-8:30 am) is a silence of body, speech and mind, which includes any form of communication, whether by physical gestures, written notes, sign language, texting, cell phones etc.

Please be respectful of those who chose to observe silence.

Pets and Children: Sorry, but for their safety, we cannot accommodate children or pets

Clothing: Dress modestly during the retreat. Loose, comfortable clothing is recommended for meditation and nature walks. Sleeveless shirts, shorts, transparent, and revealing attire are not allowed. Wearing jeans is discouraged as they prevent postural flexibility. Walking or hiking shoes and socks are also recommended for the nature walks.

Couples: All rooms are gender segregated, participants are expected to follow Ashram disciplines and refrain from outward displays of affection.

Intoxicants, Drugs and Smoking: Bringing any type of intoxicants and/or drugs to the retreat is strictly forbidden. Smoking and chewing tobacco are not allowed at the retreat. Prescription medications, over-the-counter medications, herbs, tonics, supplements, etc., are allowed.

Outside Contacts: Participants should remain on the property for the entire retreat. Outside contacts should be suspended except for emergencies.

Valuables: Retreat participants are requested not to bring expensive jewelry or valuables with them. The organizers do not take responsibility for loss of such items.

Shopping: There are no facilities for shopping. Kriyavans should bring all their requirements such as toothpaste, flashlight, etc.

Recorders, Cameras and Camcorders: No taping of the retreat proceedings will be allowed except by prior arrangement. Cameras may be used during specific times, with permission.

DIRECTIONS:

7A Resort

333 Wayside Drive Wimberley, TX 78676

Phone (512) 847-2517 <http://www.7aresort.com/>

We are in the Indian Lodge

Getting Here

Visit: <http://www.7aresort.com/index.php/location/> for more detailed directions

GPS Coordinates: N 29° 59.176' W 098° 06.629'

7A Resort is located about halfway between Austin and San Antonio in the Texas Hill Country. Less than four hours on IH 10 will get you there from Houston and less than five from Dallas. Houstonians leave IH 10 at Luling and come through San Marcos, then fifteen minutes on RR 12 to Wimberley. Dallasites leave IH 35 at San Marcos and follow the same way. Coming from San Antonio or Austin down the IH 35 corridor is about an hour either way. Leaving HW 290 at the other end of RR12 at Dripping Springs is an easy way to reach us, too. Many smaller scenic roads also bring visitors to Wimberley.

Contacts in Austin: www.kriya.org

Noel Hoot: **retreat registrar** +1-512.916-9855 austinkriya@hotmail.com

Noel Hoot mobile 512-903-4561

Austin Kriya FAX: +1-512.282.3095

Carolyn Love (Center Leader): +1-512.288.2897

Carolyn Love mobile: +1- 512-789-3169

What to bring: flashlight, sturdy walking shoes, slip on shoes for meditation hall, jacket, alarm clock and/ or watch, retreat packet for directions and daily schedule. Red meditation cushions will be provided, however you will want to bring a yoga mat, towel, or blanket as cushion for your ankles and feet. **Bring your own towels/wash cloth.**

Check the weather before you travel. October is usually warm but can still get hot or chilly – the weather is very changeable. Layering lighter clothing is more suitable and adaptable.

Pick up from Airport: The Austin Kriyavans will do their best to pick you up at the airport provided you fly into the Austin airport 2 hours before the start of the retreat and depart 2 hours after the end of the retreat to allow time for transportation. **SEND FLIGHT INFORMATION & CELL NUMBER IN WRITING** via email, to: austinkriya@hotmail.com

Contacts & Travel Tips

Retreat site approx 2 hours from Austin airport &

Super Shuttle

www.supershuttle.com

800.258.3826 & 512.258.3826

Yellow Cab Austin

www.yellowcabaustin.com

512-434-7700

Registration Form

Name: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Email Address: _____

Sex: M F (circle one)

Initiated into Paramahansa Hariharananda's & Prajnanananda lineage:

By: _____ Date: _____

Please register me (please check your preference):

_____ \$327 Full Price Lodge rooms with 3-4 people
[due Oct 19]

_____ \$277 early registration price discount price Lodge Room
applies if full payment received **by Sept 30**

_____ \$50 non refundable deposit does not hold your space past Oct 19
I understand full payment is **due Oct 19**

_____ I am a quiet sleeper _____ I snore _____ I don't know

_____ Enclosed is full payment of \$ _____ for the Lodge
room have already mailed \$50 deposit

Make Checks Payable to: Kriya Yoga Center

Regular Mail To: Austin Kriya Yoga Center
10310 Wildwood Hills Lane Austin TX 78737

Overnight FEDEX to: Austin Kriya Yoga Center c/o
Love Pet Hospital Attn: Robin Penz
8106 Brodie Lane. Suite102. Austin, TX 78745
(512) 282-0221