



## Texas Silent Retreat

*With*

**Swami Atmavidyananda Giri and  
Swami Vairagyananda Giri  
Lone Oak Ranch, Gainesville,  
November 08-10, 2012**

You are invited to participate in the Texas Kriya Yoga silent retreat with Swami Atmavidyananda Giri and Swami Vairagyananda Giri . Make the pilgrimage, sit with the master teachers of Kriya Yoga, go within, gain perspective, and experience silence. This is truly a rare opportunity to meditate in a serene environment with our loving teachers.

*“Opportunity must not be neglected, for it may never return.” – Baba Hariharananda*

Swami Atmavidyananda Giri is a senior monk in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda, currently Vice President of Kriya Yoga Institute. He was ordained as a monk in the Giri monastic order in February 2009 and given the name Atmavidyananda, which means "bliss of Self-knowledge". He is traveling and teaching Kriya Yoga in the USA, Canada, and Europe. He is also an expert in astrology, eastern and western scriptures, other ancient yogic practices and Vedic ritual ceremonies.

Swami Vairagyananda Giri was born in the Eastern Indian State of Orissa and studied economics. He attended brahmachari training in 2004 and was ordained as a monk in 2012 and his name Swami Vairagyananda means bliss of detachment. Swamiji resides in Kriya Vedanta Gurukulam, Chicago and travels in United States and Canada to guide meditations conduct Kriya Yoga programs.

The retreat is for initiates of Paramahansa Hariharananda and Paramahansa Prajnanananda or his designated representatives.

<b>Schedule of Texas Silent Retreat</b>	
<b>Friday November 08, 2013</b>	
02:00 PM – 02:45 PM	Check In
03:00 PM – 03:30 PM	Opening Ceremony
03:30 PM – 05:00 PM	Meditation
05:00 PM – 05:30 PM	Break (Snacks provided)
05:30 PM – 06:30 PM	Class
06:30 PM – 07:30 PM	Meditation
07:30 PM – 08:30 PM	Supper
08:30 PM – 09:30 PM	Prayer and Evening Chants
09:30 PM	Retire
<b>Saturday November 09, 2013</b>	
06:00 AM – 06:30 AM	Nature Walk (Optional)
06:30 AM – 08:30 AM	Meditation
08:30 AM – 09:30 AM	Breakfast
09:30 AM – 10:30 AM	Discourse
11:00 AM – 01:00 PM	Meditation
01:00 PM – 02:00 PM	Lunch
02:00 PM – 04:00 PM	Rest and Nature Walk
04:00 PM – 04:30 PM	Beverages
04:30 PM - 06:00 PM	Discourse
06:30 PM – 08:15 PM	Meditation
08:15 PM – 09:15 PM	Supper
09:15 PM – 09:45 PM	Prayer and Evening Chants - Camp Fire ( weather permits)
09:45 PM	Retire
<b>Sunday November 10, 2013</b>	
06:00 AM – 06:30 AM	Nature Walk (Optional)
06:30 AM – 08:30 AM	Meditation
08:30 AM – 09:30 AM	Breakfast
09:30 AM – 10:30 AM	Discourse
11:00 AM – 12:30 PM	Meditation
12:30 PM – 01:30 PM	Lunch
01:30 PM – 02:00 PM	Rest
02:00 PM – 02:30 PM	Fellowship w/Swami
02:30 PM – 03:00 PM	Closing Ceremony

## **Retreat Logistics Information**

**Location:** Lone Oak Ranch, 8484 S Farm to Market 372 Gainesville, TX 76240

Website: [Lone Oak Ranch](#)

**Driving Directions** to [Lone Oak Ranch](#)

### **Cost and Accommodations:**

Base price is \$300.00 (discounted to \$275.00 with full payment by September 25). The registration fee covers vegetarian food and shared, but sex-segregated lodging.

A \$50.00 deposit will hold your place. Full payment is due by October 25. All registrations are on a first-come basis. SPACE IS LIMITED to 20.

### **Registration and Check in:**

Check in begins on Friday, November 8th, at 2:00 pm and the retreat starts at 3:00 pm. We encourage participants to arrive on time so we can begin the retreat together. The retreat closes at 4:00 pm on Sunday, November 10<sup>th</sup>.

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### **Important Information and Guidelines:**

Silence will be observed during the course of the retreat. Partial attendance or late check-in only with prior arrangement. The \$50.00 deposit is non-refundable. If necessary for medical reasons, you may request special food items or you may bring your own pre-cooked food. Be sure to bring warm jacket and hat, rain jacket and a clock or watch. There is no store close by.