



“Falling into Silence” retreat at Delphi Resort

Enjoy a weekend of hibernation with us, warm and cosy, deep within the tremendously wild Delphi Valley. “Relax and Revive” as Ken brings you back in touch with your vibrant natural state of peace and tranquility. This will be done through easily accessible deep relaxation and meditation. Recharge your body with rejuvenating yoga practices and be nourished by fine juice and healthy food.

Resting back into the natural relaxed silent ground of being will be the theme of the Yoga Beyond Yoga Autumn “Falling into Silence” retreat. In free-falling is experienced that which is not coerced or controlled. In tune with this, the invitation throughout the retreat will be unto realising the silent restful reality arising as your own awareness. Although the ‘Falling into Silence’ meditation will feature, the retreat will not consist of a series of conjured and coerced techniques aimed at the achievement of some particular state. In short, you will not be given many steps to follow as a means of creating a short-lived peace; rather, direct will be the recognition of peace as the essence of your being.

In terms of nourishment each day will begin with early morning cleansing herbal tea ceremonies. Mid-morning juice and smoothies will keep us energised yet feeling light. Lunch will be healthy, light, and delicious. Your evening meal will be the magnificent choice offered by the amazing team of chefs, delicately delivered. Each menu will have a recommended healthy option, although if you have specific nutritional requirements you may inform us in advance.

The weekend programme will be scheduled as follows, yet we may well deviate from the structure.

Friday 21st October

Check in from 16:00

17:00 Yoga; 'unwind the drive'

18:00 Gathering in library

19:00 Dinner

21:00 "Falling into Silence" Rest and Relaxation

Saturday 22nd October

8:00 Silent Tea Ceremony and meditation

9:00 Yoga - lively

10:15 Smoothie

12:00 5 Tibetans; Yoga for Life

13:00 Lunch

14:00 Rest, ramble, spa, treatments and adventure options available

17:00 Restful/Restorative Yoga

19:00 Dinner

21:00 Yoga Nidra; "Resting in the Twilight Zone"

Sunday 23rd October

8:00 Silent Tea Ceremony and mediation

9:00 Yoga

10:15 Smoothie

11:00 Silent walk; self-guided

13:00 Lunch

14:00 Rest, ramble, spa, treatments and adventure options available