**Meditation and Yoga Intensive**

**Nov. 24 – 26, Ananda Gaorii, Vig**

This program is for those seeking a weekend of deep and profound meditation with minimal distractions. It is a silent retreat focusing exclusively on meditation, chanting and yoga. For new meditators the early rising and long meditation sessions will be simultaneously a challenge and an opportunity to reach depths of meditation never before experienced. Meditation guidance will be given at key intervals from Ananda Marga monks and nuns with years of meditation experience. It is requested that only persons with the intention to participate fully in all sessions and observe silence throughout the weekend register for the program.



**Cost**

* Normal - 550 Krone
* Student/Unemployed – 450 Krone

**How to Pay**

1) MobilePay to: +45 71881273

2) Paypal to office@anandamarga.dk

2) Bank Transfer:

* Account Number: 5018-0001348611
* Bank: Jyske Bank Vesterbrogade Copenhagen Denmark
* IBAN:DK2350180001348611
* BIC/SWIFT:JYBADKKK

**Registration:** Once you have paid please complete the online registration form so we can know a bit about you and how many people are coming. Online registration form: <https://goo.gl/forms/nRpBSWsNbDCJRIYv2>

Note: Registration should be completed by Nov. 20 in order to secure a place at the program. Please do not register until you have made your payment.

**Accommodation:** Accommodation will be in rooms with bunk beds or in dorms with mattresses on the floor.

**Food:** Breakfast, lunch and dinner are prepared according to the yoga vegetarian diet (which emphasizes food which is food for the body and calming for the mind)

**What to bring:** Warm clothes, warm socks, sleeping bag, bed sheets, yoga mat (if you have one).

**What not to bring:** Participants will be asked to surrender all electronic devices including computers, phones and tablets at the start of the program. These will be returned after the closing circle on Sunday.

**Preparation:** Try sleeping at 9 and rising at 4 for a few days before the retreat starts to acclimatize yourself.

**How to Get There:**

Address: Ananda Gaorii Ashram, Farm and Learning Center, Holbækvej 56, 4560 Vig. For those coming by public transport buy a ticket to Vig, and change to the bus or train at Holbæk (the Vig ticket is valid on both the bus and the train). Once in Vig call Dada on 71881273 and we can pick you up at the station.

**For more information:** write to info@anandamarga.dk or call Sofus on +4542607702 or Dada on +4571881273

**PROGRAM**

**Friday, Nov. 24**

15.00 Arrive, Register, Settle In

16.00 Meditation Class for Beginners/Yoga Class for those who already know how to meditate

17.00 Kiirtan (Chanting)

17.30 Meditation

18.00 Dinner

19.00 Welcoming and Introduction

20.00 Avarta Kiirtan (Six Direction Chanting)

20.30 Meditation

21.00 Sleep

**Saturday, Nov. 25**

4.00 Rise

4.15 Kiirtan (Chanting)

4.30 Meditation - 2 hours (you can stand up and stretch for five minutes if you need to)

6.30 Shower

7.15 Asanas (yoga postures)

8.30 Breakfast

9.00 Silent Walk

9.30 Meditation Guidance Class

10.00 Sadhana Shiviir (alternating 20 minutes Kiirtan and 20 minutes meditation for two hours)

12.00 Lunch

13.00 Maonabrata (Individual Silence)

14.00 Kiirtan (Chanting)

14.30 Meditation - 1 hour

15.30 Kiirtan (Chanting)

16.00 Meditation - 1 hour

17.00 Asanas (yoga postures)

18.00 Silent Walk

18.30 Dinner

19.00 Meditation Guidance Class

19.30 Kiirtan

20.30 Meditation

21.00 Sleep

**Sunday, Nov. 26**

4.00 Rise

4.15 Kiirtan

4.30 Meditation

6.30 Shower

7.15 Asanas

8.30 Breakfast

9.00 Akhanda Kiirtan (3 hour chanting/meditation)

12.00 Meditation

13.00 Closing Circle

13.30 Lunch

14.30 Depart