



Thank you for subscribing to our online Weekend of Silence. Here you will find all information to start.



HOW TO PREPARE?

To get the most benefit out of these days to reflect and unwind as you would when being on location it is very helpful to prepare well. We will share a few of our secrets here that can help you:

- * Take care your house is organised, clean and all chores are done before you start.
- * If you share the house with others then create a place where you can withdraw yourself from busy activity and are left alone.
- * Decide before hand which hours of the day you will be in silence and contemplation and prepare others so they will not disturb you.
- * If you cook for yourself, prepare a menu and do all the shoppings before the week starts, you can also choose to freeze some food to make it easy for yourself.
- * Make sure you create time for 'doing nothing'.
- * Turn off your phone as much as you can and let people know you are doing a retreat and are not answering apps and the like.
- * Make an intent not to do 'the usual' like watching tv, internet, read a book

THE FULL PROGRAMME

Friday:

17.00 - 17.30 Introduction#

18.00 - 18.30 AshaMeditation#

Saturday:

10.00 - 10.30 AshaMeditation# ^

12.30 - 13.00 AshaMeditation#

16.00 - 16.30 HarpMood#

18.00 -18.30 AshaMeditation#

Sunday:

10.00 AshaMeditation#

10.30 - 11.00 Conclusion #

ONLINE PROGRAMME

During this weekend a part of the programme you do yourself and other parts can be followed online:

Both the Introduction, the conclusion, Asha Meditation and HarpMood can be shared through an online meeting.

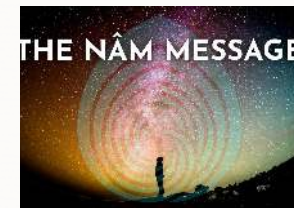
To support you in creating a beneficial and supportive energy in your house we will keep the online meditation room open in between meditations for you to join in whenever you want.

During the day in-between meditation it is very helpful to stay focussed inwardly. For that you will receive a link to a retreat texts and some breathing exercises.

GET ACQUAINTED WITH THE NÂM MESSAGE AND THE INSTRUMENTS



Follow [this link](#) to learn more about LivingNâm, founded by the sage Yoginâm



LivingNâm, the message

Follow [this link](#) to find out more about the transformative HarpMood by Yoginâm



HarpMood

Follow [this link](#) to watch a small movie that prepares you for the powerful AshaMeditation



AshaMeditation