



2026

MEDITATION RETREAT CENTRE

Unwinding · Reflection · Awareness

Dear guest,

With this small brochure we welcome you to explore our location, Asharum Amonines, in various ways.

This overview gives you an impression of the possibilities we offer - all with the intention of helping you unwind, recharge and re-connect with your natural state.

Some events focus more on silence and retreat, while others offer instruction or use tools such as imagination, contemplation or the body as an entry point to open yourself for Awareness.

There might be more events than we could include in this brochure, so please also check our website: amonines.com.

Discover what appeals to you most and please feel free to reach out if any questions arise.

Warm wishes

Team Asharum Amonines

P.S. Please double-check event dates on our website, occasionally changes may occur.

NÂM WEEKEND OF SILENCE

Reflect · Contemplate · Reconnect

Discover silence as a strong tool to reconnect with your natural state. Applying silence in a specific way and following a monastic meditation rhythm provides both a framework and the space to reflect and contemplate on life in all of its facets, to gain new insights and let-go of what you no longer need.

June 12 - 14
August 7 - 9
October 9 - 11
December 11 - 13

€ 192 on site
€ 83 online

YOGA RETREAT

Open up · Empower · Becoming One

Enjoy Yoga as the physical way to gradually open up to a meditative state. Yoga literally means “becoming One”. Discover how to listen carefully to life and let life itself guide you. Benefit from the catalysing effect of the combination of yoga Asanas and silence to increase sensitivity and confidence needed for this and be empowered.

May 28 - 31
July 16 - 19
August 20 - 23
November 12 - 15

€ 330

NÂM RETREAT OF SILENCE

Embrace · Awareness · Resonance

Embrace the silence supported by a monastic meditation rhythm, opening the doors to Awareness and deeper layers of what you are.

Notice after the retreat, how insights can continue to resonate in daily life and a new colour might change your view of the same world.

September 16 - 23 Women's Retreat
December 27 - January 2, 2027

€ 765

PERSONAL MEDITATION RETREAT

Withdraw · Tune in · Recharge

Create a moment for yourself to withdraw from a busy life and recharge. Tune yourself consciously to your essence and discover the powerful contribution of this in your life.

Supported by a meditation rhythm you can design your own retreat. Be silent, go for a walk, contemplate, write a book or do nothing.

All year

€ 88/night

THE ESSENCE OF MEDITATION

Attune · Inner peace · Balance

Explore different forms of meditation to attune yourself and activate an inner compass. Develop the skills to make meditation an integral part of your daily life. Be enabled to find more inner peace and balance, both mentally and physically.

May 14 - 17
July 9 - 12
October 22 - 25

€ 330

€ 1.100

MEANINGFUL LIVING

Embrace · Awareness · Resonance

Join the inner journey and be invited to reflect on the perception through which you look at yourself and the world. Discover how a change of that perception can elevate your everyday life into a meaningful life.

August 12 - 16
October 14 - 18

€ 440

CAUSAL INVESTIGATION

Shamanic Retreat by native Sardinian Shaman Anna Montis

Embrace the silence supported by a monastic meditation rhythm, opening the doors to Awareness and deeper layers of what you are. Notice after the retreat, how insights can continue to resonate in daily life and a new colour might change your view of the same world.

November 5 - 9

€ 660



HEALING JOURNEY*

For body, mind and soul

Embark on a meditative, healing journey inward and write your own story. Get to know the elements, and work on the health of your organs connected to these elements. Learn more about inner, natural transformation. Take a first step in find out how you can become, be, and remain completely healthy.

September 4 - 12

€ 682

*Alleen beschikbaar in het Nederlands/Only available in Dutch

REGULAR VISIT

Experience silence and share in a small community setting

Blend retreat with quiet service by participating in the natural rhythm of the house including meditation, some daily tasks, and shared meals.

Single room € 62 per night

Double room € 57 per night per person

Full board (breakfast, lunch, supper, coffee and tea)

EXCLUSIVE VISIT

Experience silence and follow your own rhythm

Benefit from the silent atmosphere and nourishing environment while following your own rhythm.

Single room € 83 per night

Double room € 78 per night per person

Full board (breakfast, lunch, supper, coffee and tea)

ASHA MEDITATION

Not-doing · Natural · Flow

Meditation is an instrument to tune into the natural flow of life: Asha. Meditation is 'not-doing', as that is difficult there are techniques to create the conditions for it.

Asha Meditation uses the effect of rhythm to make entering the meditative state easier. Meditating together can provide a solid foundation for regular meditation practice.

Wednesday 18.00 CE(S)T

Sunday 10.00 CE(S)T



Free
Online via Zoom

HELP OTHERS TO FIND US

And support our work!

Share your experience on social media and tag us — it really helps!

You can find & tag us on:

Facebook



Instagram



LinkedIn



Mastodon



Bluesky



We're especially eager to grow on Mastodon and BlueSky, which place a stronger emphasis on user privacy. If you're curious, it's easy to create an account there — and every new voice helps.

Subscribe to our newsletter: Leave a review on google review:



Find much more on our website!
amonines.com

Reach out when you have questions:
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Avoid the turmoil of the world
And live your life in Love
Every instant will bring you closer to the
deepest source

Yoginâm

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