



**SPRING RETREAT**

# **THE ART OF SILENCE**

**HUNGARY, MARCH 20-24, 2019**

"Prayer within breath  
Is silence  
Love within infinity  
Is silence  
Wisdom without words  
Is silence  
Compassion without aim  
Is silence  
Action without a doer  
Is silence  
Smiling with all existence  
Is silence"

Sri Sri Ravi Shankar





- A profound immersion in Silence
- Build upon your experience of freedom from the Happiness Program
- Get much needed rest in an all-inclusive guided retreat
- Realign with your inner truth
- Go deeper with advanced guided meditations, silent inquiry and rejuvenating yoga

## Connect to the Source

These few days make the rest of your year more alive, productive and full of energy. When you emerge, you feel recharged and refreshed, ready to take on all your responsibilities with greater focus and joy.

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## Create Big Shifts in Your Life

The Silence Retreat can help you drop limiting beliefs, regrets and worries, and tap into a bigger vision for yourself. You come back to your life more grounded, more centered, more wise. You find a joy that is unshaken by outer circumstances. And the more often you do this retreat, the more this strength and freedom builds inside of you.

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## A Structured Retreat

The Art of Silence Retreat provides optimal conditions for sinking deep within and breaking free from our mental chatter. Your whole day is carefully guided and crafted to give you as relaxing and transformative an experience possible. It's no wonder that many course participants refer to it as the ideal vacation for body, mind, and spirit.







## **CHRISTOPHER KIRAN BYRT**

Kiran has been teaching the Art of Silence Programs for more than 25 years and hence can be counted to the most experienced teachers the world over. His courses are light, joyful and with clear explanations of the wisdom hidden in each course. Not for nothing is Kiran one of the most sought after teachers worldwide.

It is his first visit to Hungary to teach an Art of Silence Program.





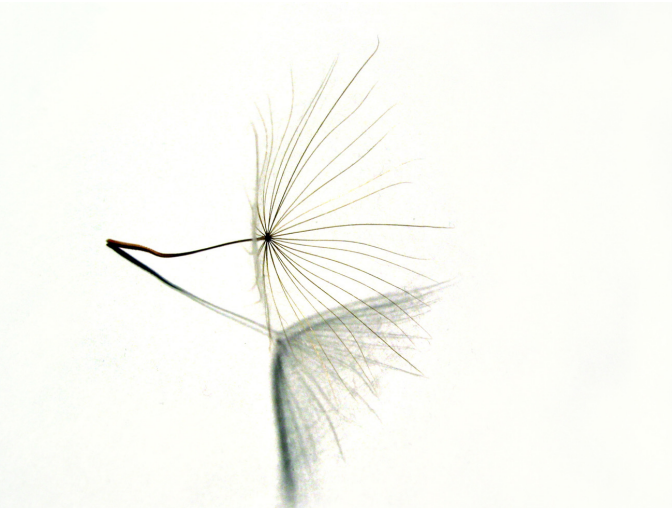
DEEP  
MEDITATIONS



SILENCE



MUDRAS AND  
ADVANCED  
PRANAYAMA



MUSIC



## Deep Meditations

A set of guided meditations called “Hollow and Empty” created by Sri Sri Ravi Shankar are a central part of the retreat. These meditations are geared towards drawing out the deepest layers of stress and tension from our nervous system.

## Silence

Silence is more than not speaking, it is a way to renew ourselves physically, mentally, and spiritually. Even just a few minutes of true silence gives a rest far deeper than sleep, and possibly anything else you’ve experienced in life.

## Mudras and Advanced Pranayama

The course builds upon the breathing exercises taught during the Happiness Program and teaches a series of Mudras – a subtle technique to balance the mind and emotions.

## Music

Often, silence is associated with sadness. But in the retreat, silence is a celebration. After a full day of yoga, meditation and processes, the evenings are spent celebrating the inner spirit through soulful music and sacred chants.



## MORE ELEMENTS OF THE RETREAT



### YOGA

Unite the body and mind with a morning yoga session to start each day.



### VEDIC WISDOM

Explore the “Four Pillars of Knowledge” from the ancient Vedic texts of India, which gives us the tools to live with bliss.



### QUESTION AND ANSWER

Get clarity on meditation and peaceful living in nightly Q&A sessions with your teacher, Kiran.





## WHOLESOME FOOD

There's nothing like eating well to soothe your spirit. Relish three delicious vegetarian meals a day.



## THE VENUE

# COSMOS TERMÉSZET- GYÓGYÁSZ ÖKOPANZIÓ

2081 PILISCSABA,  
GÁRDONYI GÉZA U. 6.

Piliscsaba is a small town situated in the heart of the Pilis Mountains, only 24 km from downtown Budapest. It is easily accessible by Highway 10, or by railway from Budapest-Nyugati Railway Terminal (the ride takes approx. 40 minutes, trains leave at every 30 minutes).

Useful link: [www.elvira.mav-start.hu](http://www.elvira.mav-start.hu)

For further assistance, please email us.





# COURSE FEE STRUCTURE

KNOWLEDGE FEE (ACCORDING TO YOUR COUNTRY) + ACCOMMODATION WITH FULL BOARDING VEGETARIAN MEALS 150 EUR + BANK FEE 10 EUR

In order to ensure your place on the course and avail the early bird price, transfer the accommodation fee and the bank fee (a total of 160 EUR) to our bank account until March 2nd 2019. The knowledge fee is payable at the venue upon arrival.

(Accommodation is in bedrooms for 2-3-4 persons with attached bathrooms. Limited number of single rooms are available at an extra cost.)



# BANKING DETAILS

BENEFICIARY NAME: ART OF LIVING KFT.

BANK NAME: UNICREDIT BANK

IBAN (INTERNATIONAL BANK ACCOUNT NO.):

HU59 1091 8001 0000 0085 3794 0004

SWIFT CODE: BACXHUHB





# CONTACT

WWW.ARTOFLIVING.ORG  
INFO@ARTOFLIVING.HU  
BOGNÁR SIFLIS BEÁTA +36 30 952 5267

