ASK RETREAT CENTRE

Retreat

by the sea near Bergen in Norway

Classical Yoga, Relaxation and Meditation

Holiday, Chakra and Weekend Retreats www.retreat.no

SCANDINAVIAN YOGA AND MEDITATION SCHOOL

Asana - Pranayama - Deep Relaxation

As a student on a retreat you will participate in a living process which gives you the opportunity to discover new dimensions in yourself. The retreat is a process in which all aspects are equally important. Only participate if you are prepared to follow the whole retreat.

Classical Yoga and Breathing Exercises

We work step by step. By using your body in different yoga exercises and poses, you will rediscover it. You will develop more sensitivity towards your body, alleviate tension, build-up energy and gain well-being. Your breathing reflects your state of mind, whether you are calm, impatient, groggy, nervous, restless, etc. With the breathing exercises you can transform any state and gain contact with your inner surplus energy, the psychic energy. On the Holiday Retreats (10 days or more) and on the Chakra Retreat we will also do **Shankprakshalana,** the intestinal cleansing. On 5-days retreats (like the Easter Retreat) we will do a light version of Shankprakshalana.

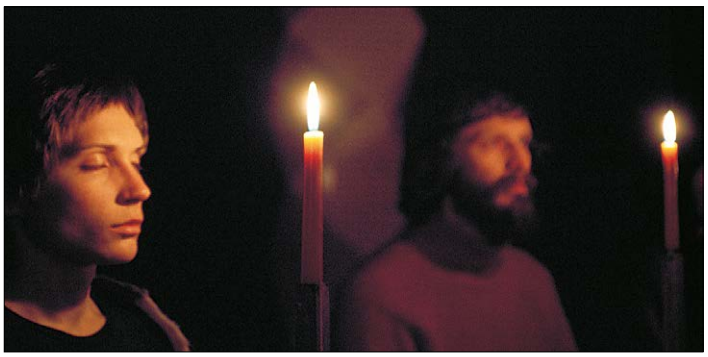
- Meditation

Deep Relaxation

Yoga teaches you to find the balance between being active and resting. You will learn how to be more at peace with yourself while being active, and more attentive while relaxing. You will learn simple relaxation techniques and also **Yoga Nidra** Deep Relaxation. You will become more aware of – and learn to relax – the different dimensions in your being. By doing this you will rediscover the ability to rest in yourself. You will also learn how to make a resolution which you can rely on. You discover and stabilise your attention and ability to stay alert, both in actions and while going into deeper contact with your inner life.

Meditation

The **Source of Energy Meditation** cleanses and clears up in the body and mind by using a specific breathing technique and concentration on the chakras. Energy stored in tensions



– experienced as an unclear state of mind – is released and transformed into a state of resting calm and spaciousness. On the longer retreats (like the 10-days Holiday Retreat and the Chakra Retreat) you will learn the **Ajapa Japa Meditation**, a more advanced version of the Source of Energy Meditation.

Inner Silence Meditation (Antar Mauna) begins with a fundamental training of your awareness. You learn to accept disturbances and thoughts. The essence of Inner Silence Meditation is a transforming experience of the silence from where you experience everything else - that of being one with yourself.

Bergen

The Alexander Cottage

The Cottage

The Alcove

A Retreat Day may look like this:

6:30-7:00 am	Awakening yourself, toilet, Neti – nose cleansing
7:00-7:20	Concentration techniques
7:20-8:45	Yoga and breathing exercises
9:00-9:30	Breakfast: Fruit, porridge and tea
9:30-10:45	Karma Yoga - practical work
10:45-11:15	Yoga Nidra deep relaxation
11:15-noon	Source of Energy Meditation
noon-4:30 pm	Lunch and leisure time – walking, canoeing, sauna etc.
4:30-5:30	Small yoga program, breathing exercises etc.
5:30-6:00	Inner Silence Meditation
6:00	Supper
8:30-10:00	Satsang, Kirtan, Sufi-dance, meditation etc.

Satsang, Talks and Silence

In the evenings we have classes with *talks* and *Satsang*: «Confrontation, accept and change» and «Yoga in daily life» are examples of themes. Some evenings we practice *Sufi-dance* or *Kirtan*, singing-meditation. One or two times we will have sauna with swimming in the sea.

On the Weekend Retreat - Advanced and on 5-days retreats (like the Easter Retreat) you will keep silence (Mauna) for 24 hour. On the longer Holiday Retreats you will be silent for 2,5 days.

Practical Information

Location of the retreat: Ask Retreat Centre, a beautiful setting by the sea on the island of Askøy, 20 km. north of the centre of Bergen. Accommodation in single, double or multibed room in the Alexander Cottage, the Cottage and the Alcove. We will do yoga and meditation in the Yoga room or in the Pyramid. We eat deliciously prepared ecological vegetarian food. **Bring with you:** Comfortable loose clothes for yoga, bedclothes, water proof and solid footwear.

Times, Prices, Enrolment and Payment

We run small and intimate retreats with a maximum of 12 participants. For up-to-date information on our retreats look at **www.retreat.no** or the insert to this brochure. **Enrolment** is done in our web shop which accepts secure payment with VISA and MASTER credit card.

After enrolling we will email you a confirmation with further information on how to get here by car or bus from Bergen.

Conditions of Participation

Be prepared to accept the following:

You are required to attend all classes / activities at the scheduled times. Please attend 5 min before the classes start.

Only eat the food served at the common meals. Do not smoke on the school's premises. If you must smoke, then take a walk alone.

During a retreat you take a break from your usual influences and impressions. You retire for a period to gain an overview and get some space to do what you have come for: to work with yourself.

During a retreat you will not read newspapers, watch TV, use your cell phone for talking and SMS or receive visits. Leave your cell phone, mp3 player, laptop and anything similar at home or turn it off during your stay.

Inform your family and friends that it is not possible to contact you during the retreat. If an emergency arises in your family they can contact you through the retreat centre at telephone number +47 56 15 15 00.

Do not Persuade Others...

...to come with you on the retreat, not even your partner, unless they themselves are motivated to participate. Come for your own sake.

Come because you want to discover and work with yourself.

Bjarke Jørgensen
Danish. He is the leader of the school and educated by Swami Janakananda.

Audhild Naustdal
Norwegian. She is educated yoga teacher by Bjarke and Swami Janakananda.

The School and the Teachers

Scandinavian Yoga and Meditation School and **Ask Retreat Centre** are non-profit organisations initiated by Bjarke Jørgensen in 1983. Internationally we cooperate with the other branches of Scandinavian Yoga and Meditation School.

ASK RETREAT CENTRE

We offer the Following Retreats at Ask Retreat Centre in 2018-19:

New Year Retreat 29/12 - 1/1
Long Weekend, Beginners - Audhild & Bjarke

Weekend Retreat Feb. 22-24
Beginners - Audhild & Bjarke

Easter Retreat April 17-22
5-days Intensive - Audhild & Bjarke

Whitsun Retreat June 7-10
Long Weekend, Beginners - Audhild & Bjarke

5-days Retreat July 2-7
Beginners - Hamsananda & Yoga Shakti

10-days Retreat July 10-20
Beginners to Experienced - Audhild & Bjarke

5-days Retreat 30/7-4/8
Beginners - Audhild & Bjarke

Prices, Enrolment and Payment

We run small and intimate retreats with up to 14 participants. Reserve early, courses often fill quickly.

The New Year Retreat is from Friday 6.30 pm to Monday at noon. *Fee:* NOK 4.320.

The Weekend Retreats are from Friday 6.30 pm to Sunday 4.30 pm. *Fee:* NOK 3.600.

The Easter Retreat is from Wednesday 6.30 pm to Monday at noon. *Fee:* NOK 7.200.

The Whitsun Retreat is from Friday 6.30 pm to Monday at noon. *Fee:* NOK 4.320.

The 5-days Summer Retreats are from Tuesday 6.30 pm to Sunday 1 pm. *Fee:* NOK 7.200.

The 10-days Holiday Retreat is from Wednesday 6.30 pm to Saturday at 1 pm. *Fee:* NOK 13.500. When enrolling please pay the deposit NOK 3.500. The rest is paid at least 14 days before the retreat starts.

Bring with you: Comfortable loose clothes for yoga, bedclothes (can be hired as well for NOK 110), water proof and solid footwear.

Single room can be reserved by paying extra. Contact us. Limited number. **Discount** 20% for Students. The course fee includes teaching, vegetarian food and lodging.

Enrolment is done in our web shop at **askyoga.com**, which accepts secure payment with PayPal, VISA and MASTER. **After enrolling** we will email you a confirmation with further information on how to get here by car or bus from Bergen.

Cancelling your Booking

Cancellation must be done in writing either per mail or email. When cancelling later than 1 month before the course you will have to pay 40% of the course fee. Later than 14 days 60% and later than 1 week before or if you cancel the booking after the start of the retreat you will have to pay full price. *Cancellation due to illness:* Attach medical certificate or doctors statement which verifies your illness, and and you only pay a 10% cancelation fee.

Flight: The local airport near Bergen is called 'Flesland'. From Europe you may try to find cheap tickets to Bergen Airport Flesland (BGO) by Norwegian Air og SAS. Bergen is only approx. 1-2 hours flight from the big capitals of Europe and it takes only 1 hour by bus or taxi to get to Ask Retreat Centre!

Read the brochure about Ask Retreat Centre, the teaching and the conditions of participation

Yoga courses in Norway since 1983

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