



Hymns: Himalayan Yoga Meditation Netherlands Society  
Hymn: Himalayan Yoga Meditation Institute Netherlands



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# Intensive Silence Retreat

## 'From Mind to Consciousness'

*Five days of Intensive Silence*  
*23-27 October 2020*

Guided by

**Stephen (Stoma) Parker, PSY.D.**

&

**Uta Bisseswar**

*Immerse yourself in the Spirit of the Lineage of The Himalayan Tradition. The practices and teaching of this intensive silence retreat will deepen and strengthen silence.*

*Silence is not only the act of not speaking; it is something that fills, energizes, awakens, raises the power within, changing the 'frequencies' of your being.*

**Enjoy Yoga on a Deeper Level !**

## **Location**

Monastery Beukenhof at Biezenmortel in Holland

Easy to reach / international connections

Eindhoven Airport at 20 minutes' distance + cheap flights

Amsterdam Airport at 1,5 hour's distance

**For PARTICIPATION OPTIONS and FEES,  
see below**

### **AIM SILENCE RETREAT**

This Intensive Silence Retreat will allow participants to find a deep silence and obtain deeper insights into oneself and the healing power of silence (in action, speech and thought). In addition, participants will be inspired by the presentations and workshops on specific methods for relaxation (hatha yoga, yoga nidra) and philosophies and practices of meditation for a better understanding of the process of silence.

Immerging oneself in Silence provides a window through which one witnesses with deepening awareness the nature of one's own mind. Over the days of the retreat that awareness increases in subtlety and becomes finer and finer.

## PROFILES OF THE TEACHERS

### Swami Mystery Guest

#### Stephen (Stoma) Parker, PSY. D.



Pt. Stoma lives currently in the USA, Minneapolis and he has been a disciple of Swami Veda Bharati for 40 years. He teaches at the Meditation Centre in Minneapolis and is a member of International Himalayan Yoga Teachers Association. He is also a faculty teacher at the Swami Rama Sadhaka Gram at Rishikesh, India. He teaches there twice a year courses on Sanskrit, Vedanta philosophy and meditation.

He has a BA summa cum laude in Sanskrit and wrote his end-thesis on a version of the Yoga Vasistha. He assisted Swami Veda with the end-redaction of Yoga Sutra's Volume II: Sadhana-pada. He is a practising clinical psychologist, Psy. D., and teacher of psychology at the University of Minnesota in Minneapolis and senior teacher of the Teacher Training Program.

#### Uta Bisseswar

Uta began practising meditation and yoga in her teenage years. At that time she came in contact with Swami Rama and Pt. Usharbudh Arya (Swami Veda Bharati) and joined their seminars in Germany. After high school Uta volunteered for 15 months in a refugee camp in Texas. In that period she also visited the ashram of Swami Rama in Honesdale, Pennsylvania and received his teachings. From 1992 till 1994 she joined the TTP (Teacher Training Programme) at the Himalayan



Institute near Hamburg.

Uta has a master's degree in political science. She worked as a policy officer for the German government and was mainly engaged with improving the education of immigrant children. From 2005 till 2007 Uta followed the Gurukulam programme at SRSB in India under the guidance of Swami Veda. Currently she lives with her husband and their children in The Hague. She teaches yoga in her own studio as well as for the Himalayan TTP in the Netherlands and for the ayurvedic institute EISRA.

## REGISTRATION

1. Fill in the registration form on this website (click on 'Schrijf u hier in') and tick your participation options (option 1 or 2).

2. If you wish to share a room (option 2) with someone you know, please give his/her name.
3. Your registration is only complete/accepted after payment of a minimal sum of € 80,- to HYMNS (see account information here below).
4. The remaining amount should be paid before 1 October 2020.

## **PARTICIPATION OPTIONS and FEES**

**Only FULL PARTICIPATION :**

**Friday-Tuesday, 23 - 27 October 2020**

(5 days/4 nights + all meals)

**Option 1 :** Double room (shared) € 495

**Option 2 :** Single room € 565

## **PAYMENT REGULATION**

-At registration first payment of € 80 + remaining sum before 1 August 2018

-For **cancellations** before 1 August 2020 we will charge € 80,-

-For **cancellations** during August 2020 we will charge € 150,-

-For **cancellations** after 1 September 2020 we will charge 50%

**-Full Payment has to be in the HYMNS bank account before 1 October 2020.**

### **Payment:**

Via ING Bank, Amsterdam.

Account name: Stichting HYMNS.

IBAN/Account: **NL32 INGB 0007 0385 40**

BIC-code (for international money transfer): INGBNL2A

If applicable: the participant should also pay for the costs of international remittance.

Reference: Intensive Silence Retreat October 2018

Information: Kries Manniesing (+31) (0)20 6649442 or [info@rajayogales.nl](mailto:info@rajayogales.nl)