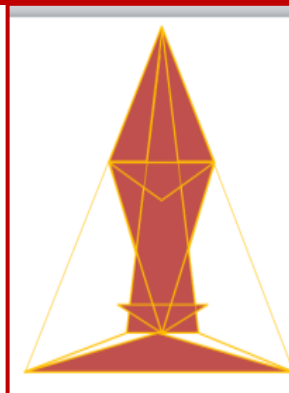


Workshops and Holiday Breaks at the Inner Peace Forest Retreat in Portugal with Gordon Lee Silence



4 Seasonal Hatha Yoga Retreats 2024

Workshop dates for finding the *hatha* yoga lunar solar rhythm:

March 17th - 23rd

The Movement of Becoming

June 16th - 22nd

Fullness of Being

September 20th - 27th

Absorption into Gravity

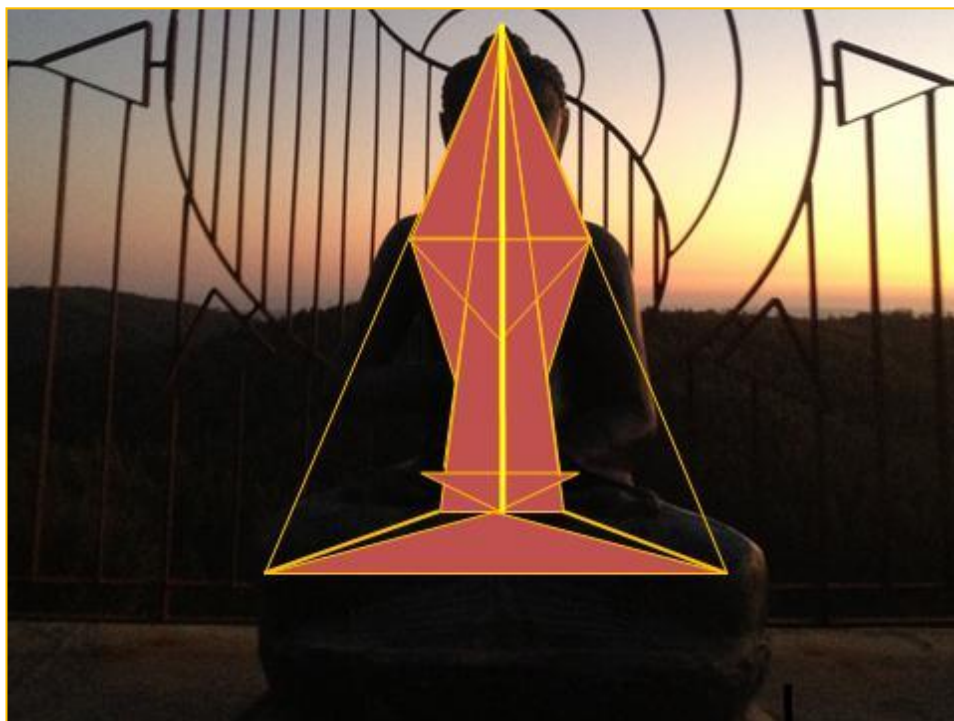
December 16th - 22nd

The Emptiness of Nothingness – Shamanic System

'The Spring Equinox engages the Movement of Becoming, the Summer Solstice zenith offers the opportunity for Fullness of Being, just as crops in the fields and fruits on trees ripen to their fullness for the Autumn Harvest, when we can rest through Absorption into Gravity, taking us to the depth of our Peaceful Being in the Winter Solstice's Emptiness of Nothingness.'

The Retreat programme is designed to give both beginners and advanced students of any yoga style a comprehensive introduction into the fundamental techniques of posture, movement and breathing that give *hatha* yoga its reputation as a tried and tested means of repairing, maintaining and developing the very best version of yourself.

The skills learned in the retreats provide the basis for a genuine lifestyle lived with mindfulness and sustained by meditation in yoga practice. Small-group sessions (6-12 people) will experience personal practice with Gordon Lee Silence, who will share with you a deep understanding and insight into its methods and application to modern living, and your life path in particular. Participants will take away a complete life changing personal practice that will be tailored to your physical,



mental and emotional needs, enough to give each one their Way through yoga.

CONTACT: Gordon Lee Silence 00351 912373124 -

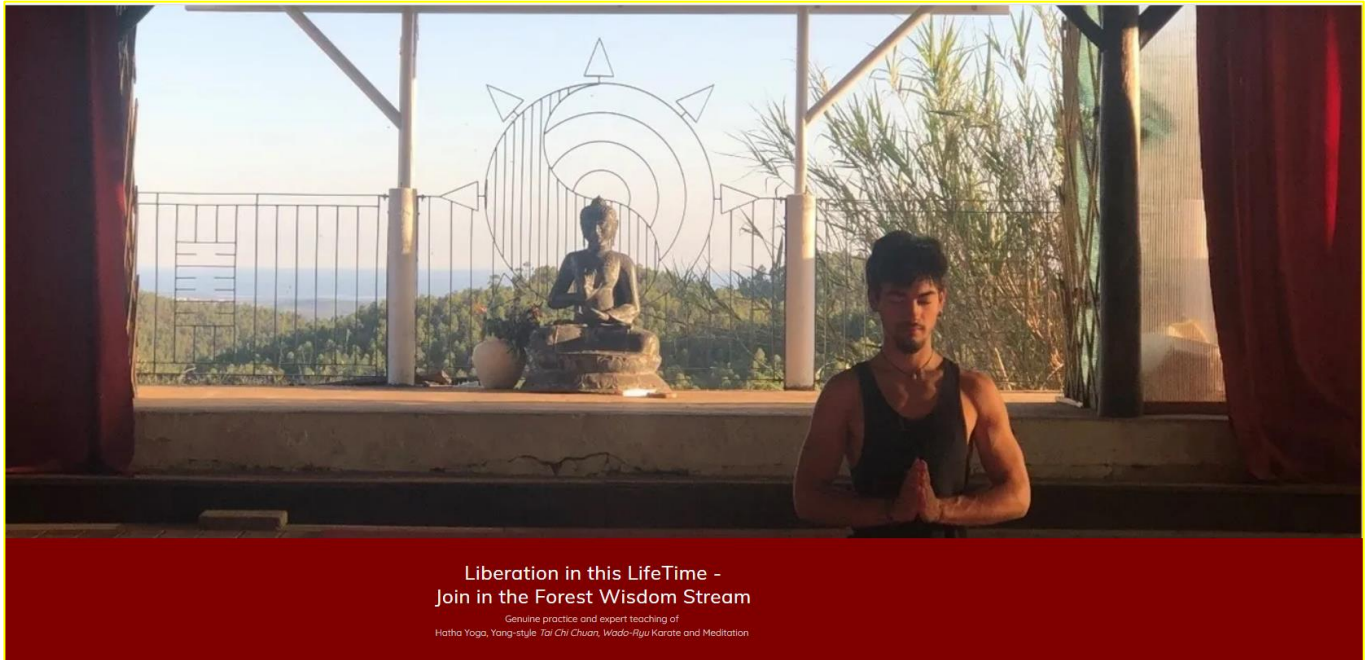
<https://diamondbodytorusflowsuperyogamartialartsmeditation.com/>

Gordon qualified as an *Iyengar* yoga teacher and NLP (Neuro Linguistic Programming) Practitioner in 1992 and has over 30 years' experience teaching yoga, martial arts (Yang style Tai chi/*Wado-ryu* karate 3rd dan) and meditation from a Zen Buddhist psychotherapeutic perspective. He is the originator of *Zen Tai Ki* Torus Flow Diamond Body Transformational System.

The Autumn Equinox SuperYoga Retreat

Absorption into Gravity

September 20th – 27th 2024



This is part of a programme of practice of Hatha Yoga with four seasonal retreats that demonstrate the whole annual natural cycle as a practice rhythm that makes hatha yoga work. The **Spring Equinox** engages the **Movement of Becoming**, the **Summer Solstice** zenith offers the opportunity for **Fullness of Being**, just as crops in the fields and fruits on trees ripen to their fullness for the **Autumn Equinox** Harvest, when we can rest through **Absorption into Gravity**, taking us to the depth of our Peaceful Being in the **Winter Solstice's StillPoint - the Emptiness of Nothingness**.

The retreat programmes are designed around a 6 – 8 hours a day yoga practice that will give both beginners and advanced students of any yoga style a comprehensive introduction into the fundamental techniques of posture, movement and breathing that give *hatha* yoga its reputation as a tried and tested means of repairing, maintaining and developing the very best version of yourself.

We offer a guided retreat practice based on the retreat common core practice programme (oriented around sunrise and sunset). Small-group sessions (6-12 people) will give you the experience of personal practice with Gordon Lee Silence alongside 5 other teachers. who will share with you a deep understanding and insight into its methods and application to modern living, and to your life path in particular.

The skills learned in the retreat will provide the basis for a genuine lifestyle lived with mindfulness and sustained by meditation in yoga practice Participants will take away a complete life changing personal practice that will be tailored to your physical, mental and emotional needs, enough to give each one their Way through yoga.

In this year's Autumn retreat our hatha yoga practice builds on the one hour *suyra namaskar* and one hour meditation summer practice towards a week of hill forest calming practice - fasting, silence, asana, pranayama and meditation, enjoying the fruits of summer by experiencing the depths of stillness, peacefulness and serenity, preparing us for the Inner Journeying in the depths of Winter.



TIME TABLE

PLEASE NOTE THE MORNINGS HAVE GUIDED PRACTICE AND THE AFTERNOONS ARE FREE

FOR PERSONAL PRACTICE OR EXCURSIONS.

BREAKFAST AND LUNCH ARE PROVIDED - EVENING MEALS ARE OPTIONAL.

SADHANA

(VAIRAGYA - PASSIVE RESTRAINT)

Equinox Preparation Fast (optional)

1 day Juice fast

3 days Water Fast/ 3 days Brown Rice Fast

3 days Silence

ABYASA (active practice) & VAIRAGYA (restraint) Programme

FRIDAY 20th September

17.30 Arrival and Acclimatization

18.00 hrs Yoga asana and pranayama

19.00hs INTRODUCTION to the week & Evening Meditation.

SATURDAY 21st Equinox Celebration

Autumn Equinox 2024 Hatha Yoga Celebration Day Programme!

6.00am Sunrise Walk ...Meditation on *Madrinha* with Pranayama Marking the Autumn Equinox

9.00am Breakfast

11.00 Arrivals for Equinox Practice and Celebration.

11.30am Absorption into Gravity – Ceremonial Preparation of the Self for the Inner Journey

12.00 noon *surya namaskar* 30 mins

12.30 meditation 30 mins - *Samyama* Yoga - Techniques for improving dharana, *dhyana* and samadhi practice.

13.00 - 15.00hrs

Lunch Picnic and World Peace Day 2024 Celebration

Lunch-time address: 'From *Paris Olympics* '24 *Make Ukraine the Last War – Apartheid and Genocide No More!* To 'Schools Can Stop the Wars!' – Application of *Metabhavana* (Loving Kindness), *Ahimsa* (Non Violence) and *Satya* (Truth) in Education. ' Talk by Gordon Sillence

16.30 - 18,00 Talk and practice with Jonathan Bergius on ' *Metabhavana*, Yoga and Happiness in the Age of Cynicism.'

18.00 hrs EVENING CLOSE OF DAY SUNSET MEDITATION

20.00 hrs onwards Sauna

SUNDAY 22ND JUICE DAY (OPTONA)

6.00 hrs Sunrise meditation

07.00 hrs Pranayama

08.00 hrs Asana

09.00 hrs Breakfast –

10.00 - 13.00 hrs Asana Geometry, Torus Flow *Experiential Practice*

13.00 – 15.00 hrs Break

15.00 – 19.00 hrs Beach

19.00 hrs EVENING CLOSE OF DAY BEACH MEDITATION

20.00 hrs onwards Sauna

MONDAY 23RD FASTING DAY 1, SILENT DAY 1

6.00 hrs Sunrise meditation

07.00 hrs Pranayama

08.00 hrs Asana

09.00 hrs Break Water/Brown Rice

10.00 - 13.00 hrs Asana Geometry, Torus Flow *Experiential Practice* - A General Introduction to Working with Gravity in Asana Geometry and Torus Flow

13.00 – 15.00 hrs Break /Water/Brown Rice

15.00 – 17hrs Samyama Yoga - Techniques for improving dharana, dhyana and samadhi practice.

Gravity in Asana Geometry and Torus Flow – Absorption into Gravity as a Passive Process.

18.00 hrs EVENING CLOSE OF DAY MEDITATION

20.00 hrs onwards Sauna

TUESDAY 24th FASTING DAY 2, SILENT DAY 2

6.00am Sunrise meditation

07.00am Pranayama and Asana -Gravity in Asana Geometry and Torus Flow For the Breath – 4 Key Toroidal Movement: Hips, Chest, Head and Whole Body Synchronised Flow

08.00 am – 10 00 am BREAK Water/Brown Rice

10.00 am Yoga Astanga Practice with David Svenson video set.

11.00 am Yoga Asana Vinyasa Flows – performing your own sequences

12.00 noon Yoga Svadhaya – Who was YogaCharya BKS Iyengar and what defines his approach to yoga?

1.3.00 hrs Lunch

14.00 hrs Yoga and Martial arts – finding Zen in Yoga

16.00 hrs Break

17.00 hrs Yoga and early meditation

WEDNESDAY 25th FASTING DAY 3, SILENT DAY 3

06.00hrs Sunrise meditation

07.00 hrs Pranayama and Asana - Gravity in Asana Geometry and Torus Flow for the Mind –Absorption in Gravity and Centring on Emptiness, Finding the Still Point in the Flow, Connecting through Space, Silent Being

08.00 am – 10 00 am BREAK Water/Brown Rice

10.00 hrs Yoga at Work and in Education - improving your sitting and standing posture during the school/work day

11.00 hrs the Yoga Sutras of Patanjali – what is the message from this ancient knowledge for our modern times?

12.00 noon Preparation for Equinox practice = Yoga Asana Surya Namaskar Vinyasa

1.3.00 hrs Lunch

14.00 hrs Yoga for Martial Arts – specific drills and practice for mixed martial arts

16.00 hrs Break

17.00 hrs Beach Yoga and meditation (weather permitting)

THURSDAY 26th

06.00hrs Sunrise meditation

07.00 hrs Pranayama and Asana – Skills Recap – Finding Gravity and Extension in Asana Geometry and Torus Flow. Mindfulness –Absorption in Gravity and Centring on Stillness, Finding the Still Point in the Flow, Connecting through Space, Silent Being in Anandamayakosa.

08.30 hrs BREAK FAST!

10.00 hrs Yoga at Work - movement strategies using your yoga knowledge improving your sitting and standing posture during the work day

11.00 hrs the Svadyahaya Yoga Sutras of Patanjali – How Reading the Sacred Texts Helps

12.00 noon Preparation for Equinox practice = Yoga Asana Surya Namaskar Vinyasa

1.3.00 hrs Lunch and End of Retreat

Beach Time! (Weather Permitting!)



The Place - The Inner Peace Forest Retreat



A Secluded Natural Paradise Farm with Panoramic Views

between the Mountain and the Sea on the most Southwest Tip of Europe – the retreat is centred on a restored 5 hectare farmhouse retreat situated in a remote off road hill forest in Monchique Southern Portugal.

Consists of Main retreat house with its own natural spring water and solar power, 4 double bedrooms with futon beds, 2 @ 8m x 5m Balconies with a 13-20 *Mayan Tzolkin* Calendar and *Yoga Astanga/Buddhist Eightfold path* psychotherapeutic, MMA training mosaics), olive grove and lemon tree campsite for 6 tents, sauna, 100 sq m Outdoor Practice Pyramid, an 80 Sq m indoor Studio areas, biological pools, lake, farm animals and organic vegetable farm, fruit trees, and forest. *NB The site is also the home of the Inner Peace Forest School which can offer childcare and educational holiday experiences during your stay if you come with children. Internet is available. Local transport can be arranged with us to get here.*

Your Costs & Payment

Name:

Passport/ID:

Arrival Time and Date:/...../19.... AM/PM

Departure Time and Date:/...../19.... AM/PM

Number of Workshop Days 1, 2, 3, - x X £90 = £

Number of extra nights (Please note if you arrive on Friday you will need this as an extra night)

1,2,3, extra nights x £40 + £

Single room supplement x £25 p n = £.....

Pyramid Apartment one person £75 p n £.....

Per extra person 2/3/4 £10 p n £.....

Total Cost: £

Travel, Accommodation and Booking Arrangements Sept 2024

Friday 20th Sept Travel Day Arrival
Friday (evening) Sat-Sun- Mon. Tues- Wed- Thursday (morning) – Yoga Beach and Forest Days
Thursday 23rd March Travel Day Departure

SuperYoga Members Cost: £90 per day including tuition, shared (double room) accommodation in the main retreat house (see alternatives below, breakfast, lunch, dinner, break time drinks included (week-end only option available x 2days) Full week x 5 days). Non-Members +50%. *Transfer to and from Faro airport can be arranged (from 20 -70 Euros each way or you can hire a car). Single room Supplement (£25), camping option (£15) park up (£10) and day rate discount for local residents (45 euros inc lunch). Friday Night and extra night room rate from 20 - 40 euros. Discounts available.*

Please scan this form and send it to ja21rose@yahoo.com with a confirmation email and make a bank transfer payment to: Stella Rose (Administrator) Bank TSB Account 02863068 Sort Code 77-79-13 **CONTACT: Gordon Lee Silence (Course Tutor 00351-912373124), Stella Rose (Admin 00351-912373124)**