

## Samarpan Meditation Retreat - Combe Grove near Bath 19-21 April 2019

*Please note: timings are indicative and may be subject to change. We recommend participating in all the sessions to get the most from the progressive nature of the weekend. Optional activities and free time are shown in italic.*

### Friday 19 April 2019

- 14.00-16.00      Arrival, registration, check-in to rooms; *refreshments and free time*
- 16:00              Opening session: welcome and important information for the weekend
- 16.45-18.00      *Free time and choice of activities*
- *\*Hatha Yoga and deep relaxation – both calming and energising – this yoga practice will help you to release tension and experience inner stillness (small group session)*
  - *swimming, gym, tennis, steam room and hydrospace – enjoy the Combe Grove facilities or just relax in the drawing room or terrace/pavillion*
  - *woodland walk*
- 18.30              DINNER
- 20.00              Session 1: The journey inwards (an experiential introduction to Samarpan Meditation)
- 20.45-22.00      *Free time and choice of activities*
- *\*gentle Hatha Yoga and Yoga Nidra – a soothing and peaceful yoga practice to help you release physical and emotional tension and stress. (small group session – approx. 1 hour)*
  - *enjoy a stroll in the grounds; or the Combe Grove views from the terrace at twilight; or relax in the Drawing room*

### Saturday 20 April 2019

- 06.00-06.25      Gentle Hatha Yoga stretches, joint freeing asanas and pranayama – a short peaceful yoga practice to help prepare for meditation (whole group session)
- 06.30-07.00      Meditation
- 07.15-08.15      BREAKFAST
- 08.45-09.15      Session 2: Going deeper in Meditation (practical and beneficial principles that support the inner journey; Swamiji's story)
- 09:45-13.00      Session 3: Live online teaching session with His Holiness Shivkrupanand Swami – Swamiji spent many years in the Himalayan mountains meditating with gurus, yogis and monks – finally reaching the high gurus from whom he received self realisation and the gift of Samarpan

Meditation. Rather than remaining in the Himalayas himself, he was sent by them back to society to impart that experience to others, so we can benefit from the same. Swamiji's sessions generally include meditation and teaching on how to progress in life, with time for questions and answers *(our experience is that people enjoy the Q&A session immensely and wish to make the most of the opportunity, so the time given for the session is flexible in order to accommodate this, but may finish earlier)*

13.30-14.30 LUNCH

14.30-16.45 *Choice of activities*

- *\*gentle Hatha Yoga – how to create your own short practice that will help you to release energy blocks, clear your internal space and prepare for meditation or a peaceful night's sleep (small group session – approx. 1 hour)*
- *time to enjoy walking in the surrounding woodland area, using the gym, sauna, swimming pool or other facilities*

16.15-16.45 Refreshments

17.00-18.30 Illumina sound and voice workshop

18.45-19.45 DINNER

20.00-21.30 Illumina concert and fire ceremony *(the fire ceremony will be outdoors and is dependent on the weather)*

### **Sunday 21 April 2019**

06.00-06:25 Gentle Hatha Yoga stretches, joint freeing asanas and pranayama – a short peaceful yoga practice to help prepare for meditation (whole group session)

06.30-07.00 Meditation

07.30-08.30 BREAKFAST

*(07.00-08.30 Due to the timing of the online session, we would ask attendees to take the opportunity to checkout of rooms early, leaving bags labelled and in a designated safe room or in your car. Volunteers will be on hand to help you as needed. If this causes a problem for you, please do not worry, but let us know so we can advise reception of alternative arrangements).*

08.45-12:00 Session 4: Live online teaching session with Guruma – In her simple and easy style, Guruma brings many of Swamiji's messages to life through ancient and contemporary stories and life incidents. She was the first to experience the gift of inner awakening and meditation from Swamiji over twenty years ago and has first-hand experience and knowledge of the teachings that Swamiji received from his gurus. With her sweet sense

of humour and boundless wisdom she shares and elaborates upon many teachings received directly from the Himalayas through Swamiji, that are valuable, both practically and spiritually, for living today.

**We will formally close the retreat at the end of this session**

13:00-14.00            LUNCH

*13:00- 15:00            Free time and final opportunity to use the venue facilities before departure for those who are not extending their stay.*

\*Yoga sessions in italic will be for a fixed number of people and sessions will be allocated at the retreat

Any additional therapies provided by Combe Grove will need to be booked and paid for at Reception as they are not part of our package.

**Extend your stay and make the most of the experience**

Our retreat attendees can stay at Combe Grove for an extra 1, 2 or 3 night's Bed and Breakfast at a special discounted price on Thursday 18, Sunday 21 and Monday 22 April. Once you have paid the retreat cost in full you will receive a discount code that you can use to book additional bed and breakfast with Combe Grove Manor directly.