

The Wisdom of Meditation Retreat Toronto

2018 Program

Friday 24

7:00 pm: The Spirit of Kirtan.

All Welcome. Invite your friends and family. Donations will go to the Indian NGO charity - Educate Girls.

Rooted in the Vedic tradition, kirtan is the call-and-response singing of ancient Sanskrit mantras. It is spontaneous and fun, and the resonance of the Sanskrit sounds works as a transformative energy to release habitual patterns that appear to limit the expression of joy and love in our lives.

- Experience the healing and uplifting effect of kirtan.
- Channel potential energy to realise true power.
- Directly experience inner stillness in meditation.

Saturday 25

9:00 am: Rebecca talks on the value of Meditation Underlying every desire, every effort what is one truly seeking?

- How can meditation fulfill that seeking in a profound and lasting way?
- How can meditation serve to bring clarity in daily decision making?
- How can meditation release the mind from its association with worry, negative comparison, emotional hurts, and other struggles that keeps one feeling bound or dissatisfied in everyday life?

10:30 am: Morning Tea

11:00 am: Soma Yoga with Mayank

- Non-threatening, accessible somatic movement patterns to correct misaligned posture, release muscle tension, build new neural pathways between your brain and body, and build and maintain strength and stability.

1:00 pm: Shared Lunch

3:00 pm: Satsang with Rebecca

- According to the Satsang tradition, Rebecca addresses humanities primary desire, to live in freedom and happiness. Typically, a human being lives a state of freedom and happiness that comes and goes according to the changing situations. Satsang unfolds the knowledge of the ever-present You.

4:30 pm: Afternoon Tea

5:00 pm: Nutritional Movement with Mayank

- How to incorporate simple, conscious movements into day-to-day life, combating the stress put on the body by prolonged periods of sitting.

6:00 pm: Dinner Break

7:00 pm: Kirtan and meditation - All Welcome.

- Invite your friends and family, their donation will go to the Indian NGO charity - Educate Girls.

Sunday 26

9:00 am: Pranic Awareness with Rebecca

- Rebecca's innovative breathing practices work to ground and relax the nervous system and deepen your meditation practice.

10:30 am: Morning Tea

11:00 am: Soma Yoga with Mayank

1:00 pm: Shared Lunch

3:00 pm: Satsang with Rebecca

- Rebecca facilitates deeper inquiry by opening the space to share one's own insights and answering questions. She inspires a shift in the mind's perspective to tap into ever-present awareness, the stillness and lightness of Being.

4:30 pm: Afternoon Tea

5:00 pm: Nutritional Movement with Mayank

6:00 pm: Dinner Break

7:00 pm: Kirtan and meditation