

## Anubhuthi – Nature Retreat



We cordially invite you to participate in our upcoming "True Nature Retreat" – Discovering everything while doing nothing! Imagine a retreat where you are immersed in the wilderness surrounded by spectacular beauty. The retreat is held in silence that allows you to listen deeply to yourself and the environment. Your mind and body come into a deep stillness and peace while cultivating living in present and the inner art of meditation. As awareness grows you learn from your own experience and the teachings of the natural world. Over time your heart opens with appreciation and love for the power of nature and everything within it.

When we come face to face with our thoughts mind becomes quiet and focus in the heart of nature, we can transform our lives and discover our true nature. To understand the teachings coming from the natural world, we need certain sensitivity. On "Nature Retreat", we draw on ancient art of being in silence and meditation to receive the grace from the nature. We cultivate a simple yet profound art of being in present. This allows us to communicate deeply to ourselves and with the pristine nature. This sensibility also opens us to joy, receptivity, and an appreciative heart.

The retreat will happen at a serene atmosphere near Coimbatore. The tentative retreat schedule will look like; Registration and settling down, Introduction to the retreat, addressing your questions, prana vidhya and meditation session, Silence and Living in walking session, a session on food and meditative dinner under the sky, living in nature, healing sessions, and good night, We wake at dawn to start the day with a serene sunrise meditation. Our morning session of yoga, prana vidhya, and living in present movement practice, awakens the body and is followed by meditation, Hearty and meditative breakfast, Living in silence and Living in nature, Meditation and Yoga nidra, Lunch, Living in Nature activities, Pack-up and move with nature's blessings till we meet next.

We meet with everyone in a group or individually to discuss meditation and retreat practice. There is also more space for solo time, exploring the local terrain and learning about the local geology, flora, and fauna, orienting us more fully to where we are and who we are.