

Shuniya Retreat

Friday 25th October from 6pm – Sunday 27th October 3pm
@ Maitreya House Retreat Centre, near Hereford

*****Kundalini Yoga & Meditation Retreat with Amarjot Kaur*****

What is Shuniya?

“The Master of Kundalini Yoga, Yogi Bhanan, often talked about a most elevated state of consciousness called *Shuniya*, where the ego is brought to complete stillness. A power exists there. We do not hassle or try to act. With folded hands of devotion, Infinity acts for us. In that state of “zero,” if we can focus our mental projection on a clear intention, which acknowledges our higher self and the Creator within us, it will be so.

The characteristics of Shuniya are flowing, intuitive, soulful, neutral, sensual, accepting, and allowing. There is no judgment, expectation, opinion, pushing, or intellectualism. It is a pure form of love. In this state of consciousness, the Infinite is in charge and what happens is limitless.

Shuniya is not some fancy esoteric yogic term. Yogi Bhanan was a very practical man, who gave us a useful technology for these modern, stressful times. Through meditation, we can train our minds to respond with a steady consciousness instead of reacting from fluctuating emotions. Through meditation we can reach that still point where we merge with the Infinite and create our own expansive reality. Miracles are nurtured in the soil of Shuniya.” -*Jivan Joti K. Khalsa, Ph.D.*

My Intention:

The programme will focus on all aspects of Kundalini Yoga on the theme of *Shuniya*. My intention is to create a retreat that is safe, supportive, friendly and affordable so you can immerse yourself in the Kundalini Yoga practice and lifestyle for deep healing, relaxation and transformation.

Kundalini Yoga as taught by Yogi Bhanan puts great emphasis on community spirit and working together for a higher purpose, and this will be an integral component of experiencing *Shuniya* during this retreat.

Retreat Content:

8-10 group sessions to include Kundalini yoga, meditation, sound bathing with Deep Wave gong and Tibetan singing bowls, kirtan (mantras with harmonium and drums – bring your own percussion!), breath-walking, dancing, yoga games, relaxing yoga nidra, healing circles and sadhana (optional early morning practice starting 5am).

You can attend as much or little as you like, it is your retreat!

Grounds:

We will have private use of 4 acres of land including a beautiful round 'Shuniya' yoga tent with moroccan carpets and fairy lights. Explore the grounds at your leisure and also in the breath-walking meditation.

Food:

A buffet-style vegan (plant-based) breakfast will be provided. Lunch will be a shared vegan 'bring a dish' contribution for both days. The simple but nourishing evening meals will be prepared together – led by the main sevangel (seva angel), utilising the wonderfully equipped kitchen in the main house. There will be small seva (selfless service) roles for each participant to help run the event, allocated on arrival. There will also be two main 'sevangel' who will assist me throughout the retreat – preparing breakfast/ evening meals for the group in exchange for a discount of £50 – please contact me if you feel you can take on this role.

Accommodation: 11 people

Lovely shared accommodation at Maitreya House retreat centre is in either the converted barn house (2 rooms: 3 people in one room and connected room for 2 people), or log-cabin (3 cabins, 2 people per cabin). Women only in the house. Single beds – cabin beds can often be put together to make a double bed if you wish you do this. Also if you wish to share a room/cabin with someone specific please let me know.

Investment:

£195 per person in house or cabin

*£50 non-refundable deposit to reserve your place.

Booking:

Contact me to book your space on kundaliniyogacardiff@yahoo.com stating your preferred accommodation choice. Your choice will be confirmed when your deposit is received. The remaining balance must be settled by September 25th.

Travel:

I recommend car-sharing to support the environment, or get the train to Hereford and then a taxi. Directions, a map, parking details and a recommended taxi driver(!) on the Maitreya House website (www.maitreya.org.uk). Please make sure you print off screen shot instructions from their website in advance so you don't get lost! Phone signal isn't great so please be prepared. When you feel you are close (at the postcode), look for the red phone box and go down that road :)

What to Bring:

1. Comfy yoga clothes (plus white head scarf for Sadhana to contain your energy)
2. Yoga mat, cushion and a couple of warm blankets and eye mask for relaxation.
3. Slippers/warm socks for inside the house and *Shuniya* space – no shoes allowed.
4. A torch (and batteries!).

5. Warm clothes, a waterproof coat and sturdy footwear such as wellies or walking boots for outdoor activities and getting to and from the shuniya space
6. Sandals or flip-flops (well you never know!)
7. A watch or clock
8. Toiletries and a towel
9. Two gorgeous dishes of vegan food for shared lunch on both days
10. A bed sheet, pillow case and single duvet cover or sleeping bag (duvets and pillows provided in the house and cabin)
11. Pen and paper/journal for making notes

With Kind Regards,
Amarjot Kaur (Ali)

www.kundaliniyogacardiff.co.uk www.maitreya.org.uk



Cabin 1



Cabin 2



Cabin 3



Bedroom 2



Bedroom 3

