

2020 Retreats ADYASHANTI®

Silent Residential Retreats

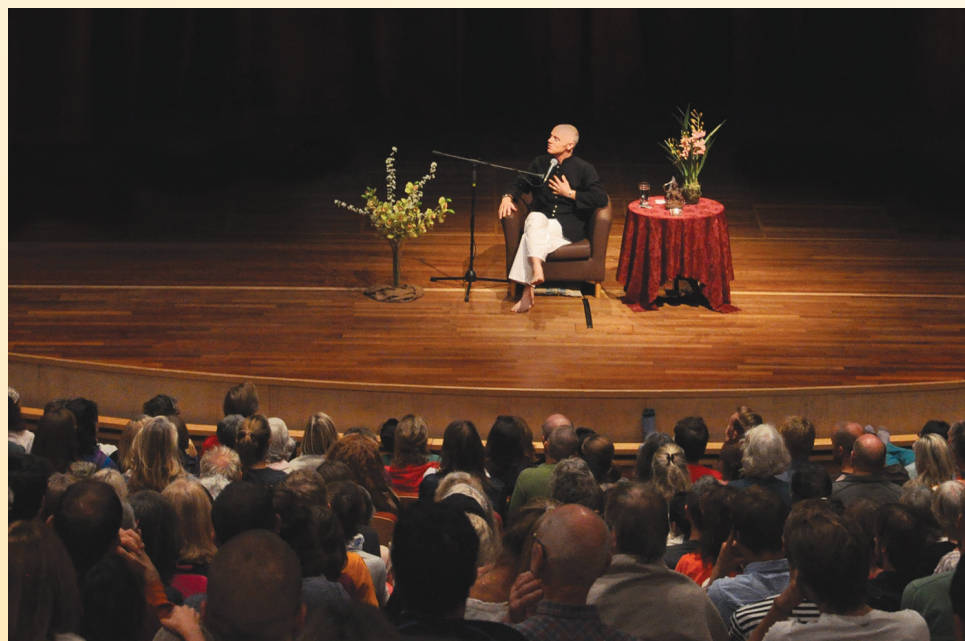
Retreat is for those who desire to deeply realize the truth of their being and the essence of existence. Retreat offers time to step back from the course of daily life and enter into the Unknown, in an environment that provides both structure and support.

Within the simple yet potent retreat schedule—including several periods of meditation each day, talks, and time for questions—Adyashanti asks that you fully commit to your own experience, whatever that may be.

The schedule offered at Adyashanti's retreats uniquely reflects his sense and experience of what best supports awakening. The deep silence of meditation coupled with the focused inquiry of sessions with Adyashanti are the ground and seed from which awakening flowers.

Preregistration open October 1–31

Details & Registration at Adyashanti.org/programs/retreats-experience



Online Retreat: *A Revolution of Being* ~ 2020

A Revolution of Being is a 2-month online retreat with Adyashanti. It is an opportunity to create a container that helps you deepen your spiritual awakening and integrate this realization into your everyday life.

While the online retreat is relevant, and certainly open, to anyone who desires to participate, Adyashanti focuses the teachings toward the serious and committed student. The online retreat will challenge you to step forth in all dimensions of life, and will be an opportunity for him to present teachings specifically oriented toward the deeper waters of spiritual realization.

Each year Adyashanti teaches this retreat around a theme. Please join our mailing list to be updated on his theme for 2020.



Silent Retreats in 2020

► 5-Night Retreat in Watsonville, CA

March 1–6 at Mount Madonna Center
Program Fee: \$500 Housing: \$410–\$765*

► 7-Night Retreat in Tahoe City, CA

April 17–24 at Granlibakken Tahoe
Program Fee: \$700 Housing: \$750–\$1,750*

► 5-Night Retreat in Zeist, NL

August 2–7 at Woudschoten Conference Center
Program Fee: \$565 Housing: \$675–\$790*

► 5-Night Retreat in Woldingham, UK

August 9–14 at Woldingham School
Program Fee: \$565 Housing: \$240–\$490*

► 5-Night Retreat in Tahoe City, CA

September 20–25 at Granlibakken Tahoe
Program Fee: \$500 Housing: \$535–\$1,250*

► 7-Night Retreat in Rhinebeck, NY

October 16–23 at Omega Institute
Program Fee: \$700 Housing: \$695–\$1,920*

► 5-Night Retreat in Pacific Grove, CA**

November 29 – December 4 at Asilomar Conference Center
Program Fee: \$500 Housing: \$845–\$1,455*

*Housing costs are estimated at the time of this publishing and are subject to change.

**Teachings on *A Revolution of Being*. Open to everyone.

Dates & Registration

Live Broadcasts: March 11, 18, 25, April 1, 8, 15, 22, 29

Price: \$390 (Scholarships available)

Registration: Opens February 2020. Details will be posted on Adyashanti.org under Online Programs in February 2020.