

A Special Note about Meditation and Silence

During these days of uncertainty, a retreat is the perfect place to find solace, deep connection, and refreshment for our spirit. When we attend a retreat, sit in group meditation, and learn more about ourselves, we experience positive emotional shifts. When we change, the world changes. Even while facing anxiety about warring ways and natural catastrophes, we can develop strength to live from our center. The result of this work lets us live from the inside out.

Retreats offer a respite for all to come away for a time, quiet their restless minds, and hear the voice of Soul. This private time can help us tap deeper into our inner silence. Retiring briefly from the distractions of daily living can benefit everyone. Constant media blasts create a collective fear about the economy and the state of the world. Reclaiming the wealth of our inner resources restores hope and vision to cope with whatever season of transition may come.

This is a perfect time to invest in yourself, your health, and your spiritual well-being. When all around you seems to be constricting, allow yourself to experience the expansiveness of silence, nature, meditation, and connection with like-minded people.

Most of us live our lives completely unaware. Watch your thoughts and you will notice that they go either into the past or into the future and you are swept away with them. Through meditation you increase your ability to concentrate which is the key to contentment. Peace and love and joy are not in the past or the future. They are always in the Now.

About Us

Janana (JoAnn Evans), E-R.Y.T. (500 hrs.) operated a flourishing yoga studio in Bethesda for many years before moving to Florida over 30 years ago. She continues teaching yoga and meditation at the Yoga Center in Deerfield Beach. Each summer she returns to Washington to lead a retreat and other special classes for Evergreen. Janana's focus is Raja Yoga - the Royal Path, which combines asana and pranayama with philosophy and meditation. Janana's extraordinary wisdom and insight insure proper guidance for each individual retreatant as we journey together on the path.

Shelly Greenberg, E-R.Y.T. (500 hrs.) a devoted student of Janana, has been offering classes at the Evergreen Yoga Studio and other locations since 1979. She emphasizes working with the breath and adapting asana as described by T.K.V. Desikachar and his senior teachers. Her desire to see the whole world relax has led to the successful marketing of Relaxation in a Bag and More Yoga Products. Shelly is a founding member and past president of the Mid-Atlantic Yoga Association. Her studio has been profiled in the Washington Post and Washingtonian Magazine.

Charlene Wilkinson, R.Y.T. (200 hrs.) has studied meditation, yoga, and Eastern philosophy for over 25 years. She has been a dedicated student of Janana and Raja Yoga since the 1980s. Her interest is in the practical application of yoga philosophy and principles to everyday life.

Schedule

You may arrive anytime Thursday after 3 pm and have time for relaxing or touring the grounds before dinner. After dinner we will hold our introductory circle, Hatha Yoga class, and Meditation. Please note: Dinner will take place from 6 - 7 only so plan accordingly.

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| 7:00 | <i>Morning Meditation</i> |
| 8:00 | <i>Breakfast and Free Time</i> |
| 10:00 | <i>Hatha Yoga</i> |
| 12:00 | <i>Lunch and Free Time</i> |
| 2:00 | <i>Silence Ends</i> |
| | <i>Open Forum Discussion</i> |
| 4:00 | <i>Hatha Yoga</i> |
| 6:00 | <i>Dinner and Free Time</i> |
| 7:30 | <i>Evening Activity</i> |
| 9:30 | <i>Evening Meditation</i> |
| | <i>Silence Begins</i> |

The Retreat will end on Sunday after lunch.

For an additional fee, a private massage can be arranged for during the weekend or on your registration form. Appointment times are assigned in order of received requests.

Directions

By Air: Fly to BWI. To arrange ground transportation visit: theairportshuttle.com or call 800-776-0323 by July 15. To economize, share your Shuttle ride with a friend. Another company offers a flat rate. Call 877-762-7427 to compare.

By Car: Bon Secours is less than an hour from Washington. From the Beltway take Route 29 North (Colesville Road) past Columbia. Get on Route 70 West. Take the first exit, turning right onto Marriottsville Road. Travel for about 1.5 miles. The entrance to the Spiritual Center is on the right, just past a small pond.

25th Silver Jubilee Retreat: A Celebration for Women



*July 28 -31, 2011
Evergreen Yoga Retreat*

*Bon Secours Spiritual Center
Marriottsville, MD*

"The spiritual quest is a journey without distance. You travel from where you are right now to where you've always been. From ignorance to recognition.

*---Anthony deMello
1931-1987*

Twenty-fifth Silver Jubilee Retreat

Why Attend a Retreat?

We exist in a culture that bombards us with lists of things to do. In order to survive the multifaceted aspects of modern life we may feel pressed to do more than one thing at a time. And yet, during those times when we succeed in living in the present moment, we feel serene.

A retreat is a designated period of time to practice living in the moment. Come, set aside time to focus on being rather than doing. This is a time for cultivating a life rooted in yoga and responsive to the Divine Presence.

When faced with an invitation to attend a retreat, some questions naturally arise. Can I accept the challenge that an atmosphere of silence offers; the silence that prepares me to hear the voice of my higher Self? Am I willing to spend time away from my family and everyday routine? If I've never made a retreat before, I may wonder: Is there a right way to do it?

Participating in a retreat is a stepping back from the relationships, responsibilities, challenges, and demands of life in order to reflect on the Self and become more aware of our presence in life. Retreating enables us to become more finely attuned and responsive to the qualities we need to live a life full of grace and gratitude. Joining a retreat provides an opportunity to deepen and strengthen our commitment to the practice of yoga in which you will find the contentment you seek.

While at the 2011 Yoga Retreat you can be reached at: 1-410-442-1320.

For additional information call
Shelly Greenberg
301-320-3630
on 7/28 cell 240-476-9642
Email: shelly@moreyoga.com

It is with excitement and joy that Evergreen Yoga invites you to our **25th Silver Anniversary Jubilee**, Thursday to Sunday, July 28 - 31. Shelly and Janana have designed a weekend of activities that include Hatha Yoga, Meditation, Yoga Philosophy Discussions, Pranayama, and Chanting.

Once again our retreat will be held at the Bon Secours Spiritual Center. As usual you will be staying in your own **private bedroom with bath**. The room features individually controlled air conditioning, a large working window, ceiling fan, double bed, alarm clock, and Internet access. The large new swimming pool next to the pond will be open. To view photos of the 2009 renovations, visit: <http://bonsecoursspiritualcenter.org>.

With over **300 acres of rolling wooded hills**, Bon Secours provides ample space to meander alone or with others on wooded paths and paved walkways, explore the labyrinth, sit by the pond or stroll across its beautiful curved bridge, enjoy the flowers, or find a quiet place in a Zen garden or in a grove of trees. The handsome main stone building houses an inspiring chapel that you may also wish to visit. Three delicious vegetarian meals will be served each day. Snacks and tea will be available throughout the day.

For this special retreat we have changed our format slightly. This year we will not be hearing lectures but instead we will offer an **open forum discussion on both Friday and Saturday** afternoons. We hope to answer and discuss everyone's issues in the light of yogic philosophy. During our time together, you will become aware that peace and serenity are up to us, not as our automatic entitlement, but as our choice and responsibility.

This retreat is suitable for **students at all levels**. In addition to the many retreatants who return each year, we look forward to welcoming new members to our circle. Here is an opportunity for you to relax and enjoy the company of like-minded women. Quiet

yourself, and allow your inner wisdom to shine. Return home lighter and stronger, committed to living with confidence and contentment.

Each day will begin and end with a meditation. So that we may better concentrate our energy, we will be observing silence for more than half of each full day. As Swami Chinmayananda has said, "**The highest form of grace is silence.**"

Dress is casual. Since all linens, bedding, and towels are provided, you need only bring a **yoga mat and cushion for meditation**, any inspiring books, especially The Upanishads and/or The Bhagavad Gita. You might also want to have walking shoes, a journal for recording your personal thoughts, or art materials. **Note to Alums:** Remember to bring your commemorative necklace and beads.

We strongly encourage you to sign up early as we expect to be fully subscribed with the many people who want to help us celebrate this milestone. Although BSSC has increased their prices again, we are repeating last year's price of \$845. This is for the complete program, private bedroom with bath, all classes, nine vegetarian meals, and snacks. To register send \$445, which includes a non-refundable registration fee of \$80, along with a completed registration form. The \$400 **balance is due July 1st**. Because of BSSC reservation policies, no refunds can be made after that date. Make your checks payable to Shelly Greenberg and mail to 7603 Granada Drive, Bethesda, MD 20817.

Thanks to the enthusiasm and generosity of past retreatants, there is a small fund of partial scholarship assistance for those who would not otherwise be able to attend. Contact Shelly by email or phone to discuss.

FYI: Next year's retreat will be
July 26 - 29, 2012.



Registration for 2011 Yoga Retreat
Kindly print. Answer all questions completely.
Make check payable to: Shelly Greenberg, 7603 Granada Drive, Bethesda, MD 20817

Name _____ E-mail _____

Phone (31) _____ Phone (W) _____ Cell _____

Address _____ City, State, _____ Zip _____

Date _____ Amt. enclosed _____ I need a ride I can offer a ride Arrival (day/time) _____ Departure (day/time) _____

This is my _____ (1st, 2nd, etc.) Evergreen Retreat OR/ I heard about this Retreat from: _____

Briefly describe your present physical condition and any physical limitations: _____

I would like a massage on: Thursday Friday Saturday