

Hints for a retreat at home

You probably have previous experience with similar seminars or already know the work of Dr. Shrikrishna. However, here are a few tips on how to make the most of this time if you are attending from home.

If the whole thing seems a bit strict to you - these are only friendly recommendations. You can of course decide for yourself which of them currently suits you. You will also be able to benefit from the seminar under other circumstances.

Get in the mood

Prepare yourself well for the seminar time. Withdraw as much as possible from your social life and let it be your own valuable time. Notify your contacts that you will not be available, for example by sending an automated out-of-office message.

Buy everything you need beforehand. Complete the urgent tasks on your To-do list in advance so that you can fully engage with the seminar and let it take effect on you. If you live with others, it is best to clarify common procedures in advance.

Nutrition and cooking

Try a light vegetarian diet if you don't eat that way anyway. Avoid meat, maybe even all animal products. Eat too little rather than too much. A good rule of thumb might be to eat about 2/3 of your stomach, or as much as you can fit in both open hands.

We have a relatively short break at lunchtime. Therefore, plan your lunch preparation well. Maybe cook a soup in advance that you only need to heat up briefly. Nevertheless, take your time for cooking or preparing the meals and practise it mindfully. Try not to feel time pressure. If you are sharing your meals with others, you could try to agree on an initial mindful silence time of about 15-20 minutes.

Periods of silence during the seminar

During an on-site seminar we usually have extended periods of silence. During meals and from the evening mantra chanting until after breakfast, there is silence (mauna), sometimes also on short retreats at least on one of the seminar days all day. This applies not only to communication as such, but also to other distractions. It is best to try to use your mobile phone as little as possible during the whole period - preferably even switch it off during the seminar. Try not to be distracted in any other way, so that you can fully immerse yourself in experiencing and reflecting. Mindful silent walks can be helpful if your environment is suitable.

Place of practice

Ideally, you will be able to practise in the same quiet and undisturbed place with a comfortable temperature throughout the seminar. Perhaps you already have a place where you practise regularly and can access Zoom there.

Make yourself as comfortable as possible, have everything you need (blankets, cushions, etc.) at hand and create a pleasant atmosphere. The practice will involve very little physical activity, so please make sure you have warm clothes and a blanket, especially during the morning sessions.

Place your camera so that you can be seen well, even when lying down.

Sessions

Come to the sessions calm and relaxed. It is best to be there 5 minutes beforehand and gather yourself. This way you are fully present from the beginning.

As we are not physically active during the sessions and will be sitting for long periods of time, it is best to practice a few asana or stretching exercises before each session.

Dr. Shrikrishna particularly recommends this even before the first session in the morning.

The OM recitation and the evening mantra chanting & meditation are each a video by Dr. Shrikrishna, as this is unfortunately not possible otherwise due to the time difference with India.

Technology

We use Zoom. You are probably already familiar with it.

You can either use the link or enter the meeting with the ID. Please do not turn off your video during the sessions so that Dr. Shrikrishna can see you and respond accordingly.

As we are translating the seminar - there are two speakers. Therefore, pin Shrikrishna's video as soon as a session begins. Otherwise, in speaker mode the video view will constantly jump back and forth between the speakers or you will be distracted by the other participants in the gallery view without being able to concentrate on Dr. Shrikrishna.

Here you will find instructions on how to pin in Zoom:

We record all sessions, so you will always hear an audio message at the beginning and end and have to confirm this information on your screen. Unfortunately, we cannot switch this off.

We hope these tips can support you in the seminar and enable you to have intensive experiences. We will be happy to answer any questions.

If you have any further suggestions, please send them to us (maya@rosenwaldhof.de).

This way other participants can also benefit from them.

We wish you a fulfilling, intensive experience full of lightness and joy and are very much looking forward to our time together with Dr. Shrikrishna!

Knowing what to do is important.

But to really do what you know

- that is the real important thing.

Dr. Shrikrishna