

FIND THE STILLNESS WITHIN

**3 Day**

**Hridaya Silent Meditation**

# Retreat



21st – 23rd

**February**

2025 / arrival 1 day before

Greece

**Crete**

Amiras



## Hridaya Silent Meditation

The Hridaya Silent Meditation Retreat is an invitation to discover the joy of being quiet.

To remove yourself from everyday distractions, peel away layers of the ego, and find the eternal peace within.

The simple act of asking “Who am I?” can take you on a profound journey of wonderment and self-discovery.

In this retreat, you’ll learn techniques from different spiritual traditions for calming your mind and opening your heart so that you’ll be able to ask this question in full presence and really listen to the answers that arise.

We want to share with you wisdom and inspiration from a variety of spiritual traditions and guide you in a step-by-step meditation practice.

But a silent meditation retreat isn’t about a technique or bit of knowledge. It isn’t about finding something that’s missing. It’s a process of opening to the part of you that is beyond all limitations. When you connect with that inner realm, it will infuse your entire life with its Love.

The Hridaya Silent Meditation Retreat was created specifically to comprehensively and intimately understand what meditation is and to experience the inner transformation that comes with it.

The program seeks to replicate a solitary retreat experience, allowing participants to access deep consciousness states and deep inner transformation.

Whether you have never meditated or have done many retreats, we invite you to join us on this journey.

Three days are an ideal amount of time to get a taste of the power of Self-Inquiry.

## You’ll learn

Techniques from different traditions for calming your mind, relaxing your body, and opening your heart

Ramana Maharshi’s Self-Inquiry method (asking “Who am I?”)

Practices for centering in the Spiritual Heart and ways to infuse your daily life with its wisdom.

The fundamental principles of non-duality (the teaching that everything is One) as well as traditional, contemplative Hatha Yoga.

## Arnaud Philibert



Arnaud Philibert is a senior yoga and meditation teacher.

As a child, he was passionate about history and spirituality. That led him to walk the Camino of Santiago in Spain and to explore ancient and sacred places in both Europe and Asia. After an intense period of sadhana in Tantra Yoga and Vajrayana (Tibetan Buddhism), he met Sahajananda in 2007 and started a series of Hridaya Silent Meditation Retreats with him.

He is known for his direct and humorous teaching style.



For information and booking please check

[agapecrete.com](http://agapecrete.com) and contact at [info.agapecrete@gmail.com](mailto:info.agapecrete@gmail.com)