



Sannyasa Ashram Lifestyle

3 months of supportive practices & living

Beginning at any date throughout the year

There comes a point when we realise that to live a conventional life is not enough, and yet we are caught within the patterns and conditions of our past. Sannyasa is a quest into the nature of truth and the self, dropping the past in order to embrace the present and dive into the future. Participation does not require renunciation of the world or taking initiation. It is about developing attitudes that support being the best we can be in life. The quest is to discover who we are and how we can be ourselves in the world.

Community Yoga Ashram Lifestyle is a unique approach to totally immerse and experience a way of life to meet personal and social changes and challenges with resilience, conscious constructive and positive self understanding.

Within the framework of the ashram lifestyle, we are adding some other interesting projects to the course for developing practical skills and sharing of skills including: veggie garden, seedlings, planting, compost, harvesting, general maintenance skills, gardening, mud brick making, simple carpentry, vegetarian cooking – the whole plant root to leaf, pickles with no waste factors, and other interesting projects as they arise within the group. Living consciously with awareness of nature and self understanding.

It is about developing the qualities of Sannyasa attitude that support confidence, wellbeing, inner peace and self security to be the best we can be in life. The quest is to discover who we are and how we can live consciously in the world.

To understand or refresh one's purpose of intention in life, the first month follows the Living Consciously program with daily subjects of awareness and twice daily group meetings with Sw. Atmamuktananda or other experienced teachers.

The three branches of yoga Bhakti Yoga, Karma Yoga, Jnana and Yoga and Cleansing Hatha Yoga provide a balanced approach and expression to life. These branches of yoga are experienced and imbibed through the daily lifestyle and program of morning classes of asana and pranayama, meditation, yoga nidra, karma yoga, mantra chanting, reviews and discussions.

Karma yoga is experienced by fully participating in all activities with an open and fresh attitude towards the action. Action then becomes a process of self-improvement, self-observation, and willingness to share skills with cooperation and sincerity. Through the practice of karma yoga old habits and opinions undergo a process of transformation. Learn and share skills in the garden, building, cooking, maintenance and other organic and creative projects. Learning and participating in these practical skills creates a more resilient, simple, fulfilling, and joyful lifestyle for when you return to your home place.

Bhakti yoga presents a pathway, an awareness to channel the ordinary emotions into a more positive and meaningful expression in every interaction and situation.

Jnana yoga is the discovery and understanding of appropriate and constructive thinking, behaviour and action. The ashram environment provides a systematic way of life to deepen understanding and develop one's own nature, creativity and dormant potentials.

Requirements to join this retreat This retreat is offered to those who are sincere and dedicated to immersing themselves in the ashram way of life for the full 3 months.

To fulfil the requirements to join this retreat please consider the following:

- Organise your duties and obligations so that you can put aside 3 months to totally invest in your wellbeing and transformation.
- Bring all personal necessities so that you can involve yourself in ashram life without leaving the ashram environment. Any necessary requirements can be purchased through the ashram.
- Be prepared to participate in all the activities and programs and follow all ashram disciplines.
- Consider leaving your vehicle at home, or car keys handed into the office for the duration of your stay.
- Use of mobile phones and laptops are strictly limited.
- All activities in the Ashram are conducted in the spirit of Seva – selfless service.
- All meals are vegetarian and mostly from the ashram garden or locally sourced.
- Please note that we reserve the right to cancel your residential stay if you are found to be out of place with the ashram lifestyle guidelines.

[link]<https://www.yogavic.org.au/practical-details/general-information#support>[Mental Health Support]