

Welcome to

Sanctuary of the Heart

A Home Retreat Journey

With Mirka Kraftow & Tammy Bosler

January 19 - 20, 2019

It is with a joyful heart that we welcome you to the first home retreat as part of the 2019 video conference E-Sangha program! We look forward to this sacred time of renewal and dedication as we move into the year ahead.

This manual is to guide the journey and to help build and sustain structure through the day ahead.

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A Year of Renewal in 2019

www.viniyogalife.com/upcoming-events/yoga-teleconferences

This retreat is the first part of Mirka and Tammy's year long Video Conference program and E-Sangha. It is built from a program developed since 2012 to build and support community with participants from all over the world. With aspects of learning, Satsung, spiritual mentorship, and collaboration, this program has been a source of light and strength for those who have taken part.

For those looking towards 2019 as a time of returning to the source, here is a summary of the program ahead, including a second retreat in August.

2019 Program

Home Retreats will have calls Saturdays and Sundays at 8:00 AM PST

All other Sessions will be held on Fridays at 8:00 AM PST

Home Retreat - Sanctuary of the Heart

January 19 & 20

Session 1 - Gift of Awareness

Feb. Feb 15, 22, March 1, 8

"Self is everywhere, shining forth from all beings, vaster than the vast, subtler than the most subtle, unreachable, yet nearer than the breath, nearer than the heart." - Mundaka Upanishad

Session 2 - Awaken Spirit

March 15, 22, 29, Apr 5

Explore the reality of who we are with the guidance of the Yoga sutras.

Home Retreat - Unravel into Grace

September 21 & 22

Session 3 – Inner Friend

October 4, 11, 18, 25

Utilizing the tools of Pranayama, Nyasa, Mudra & Mantra in Personal Practice

Session 4 – Meditation of Yoga Nidra

November 1, 8, 15, 22

Deep Resting in the Ocean of Peace - Mind training through Pratyahara

Session 5 – Sacred Sound & Silence.

Nov. 29, Dec. 6, 13, 20

Return to the Source, the Sound, the Silence within

Call Instructions

We will be using Zoom with high definition call quality for the live connections over Video conference. Today's live calls will be recorded and posted in a private space for your personal use. All of the documents shared are also to support your development and awareness.

**The call details are as follows
(choose the method that works best for you)**

Join the service from PC, Mac, Linux, iOS or Android:
<https://zoom.us>

From the link above, you will be asked to download an App from zoom. This App needs to be installed, and then you can join the meeting using the Zoom App. Note that once you have this software installed, you can also use it to host meetings yourself (certain limitations exist for free accounts)

You can "Join" a meeting from the App and enter Mirka's meeting ID
427 621 7612

If you prefer to forgo the video and use a phone for audio only, there are two options:

Telephone:

Dial: +1 408 638 0968 (US Toll) or +1 646 558 8656 (US Toll)

Meeting ID: **427 621 7612**

Or iPhone one-tap (US Toll):

+14086380968,4276217612# or +16465588656,4276217612#

Build a Sacred Space

What follows is some guidance on preparation for a home retreat. Please feel free to take what is valuable, let go what is not, and add anything more that would support you.

Find a space - Chose where you will be during the retreat (mostly limited to part of your home or using the entire space). As if a precious guest will be arriving, take time to clean the “Temple Space.” If you already have a dedicated practice space, clean and even refresh the alter. Consider adding flowers or some addition to bring freshness, newness.

What to have on Hand - If you will be following the practices Mirka prescribes, then there are a few things she asks to have on hand

- **Have a cup for water** as part of the ritual for beginning and end of practice
- **A Candle** (leave it unlit for the first call when we light together)
- **A Bell of some kind**
- **A Journal** (if you already have one, consider beginning with a new one)
- **Make sure the space is warm** (for deep resting). Have blankets, pillows for props for restorative postures
- **Any support needed to sustain a meditation posture** (like cushion, bench, or chair)
- **A timer or clock**
- **A roll of Gauze** or eye pillow (to be used for sensory experience)

Chose if you want to take a day of silence (take preparations for that)

Prepare food or set the plan for eating (possibly light foods). Clarify the menu for your day, and whatever preparations you can make ahead of time, do them. For cooking or preparing food on the day of retreat, take the mindfulness of practice into food preparation as well. Once prepared, take a minute of silence before your food - take in the sensory of experience of the food. Enter silence, then eat.

For those with family at home - Consider how will they collaborate with you on this day. How can you prepare them?

Have handouts printed, Mirka’s CD, YogaAway videos from Bija Bennett (if using)

Consider what you will be doing between practice and make any necessary preparations to be able to do those activities (walks in nature, bath in oils or scents, etc). As much as necessary, prepare your home to have space for what you would like to do.

Technology Reduction (or complete fast) - As much as possible, turn off or sign out of all electronic devices. For those using the guided videos from Bija online, keep email and social media accounts off and even consider leaving your phone off for the day.

For those who are active users of social media, can you be away from it for a day? Consider this question - what would it be like is no one on social media knows what happens on this day? Am I preparing a post to share in this Moment, or can this Moment be only for me?

The Opening Invocation for our gathering

Saha na vavatu |
Saha nao Bhunaktu |
Saha viryan Karvavahai |
Tejasvi Na vadhi tamastu ma vidviṣavahai | |
Om Shanti Shanti Shantiḥ | |

Retreat Format

The Retreat will be divided into four sessions, and between sessions, you are invited to cultivate practices of self-care.

Since many of us are in different time zones, we shall organize the sessions by number rather than identifying a time of day for each. What will be the ‘morning’ session for Mirka in Sebastopol, CA will be the ‘evening’ sessions for Tammy in Wenzelbach, Germany.

Try to resist the need to fill up all of your time! Between sessions, you may consider activities like Walking meditation, Journaling, or Self care practices, but let yourself “just be” as much as you can. Part of the day is about letting the thinking mind unravel.

The practices given in this guide do not need to be performed in any particular order, but they are all integrated practices taking one more towards stillness. They are only a guide. We may use this day to move with what inspires and trust where it leads.

Session 1

This session will include our first call, a ritual to open the retreat, chanting, and a chance to come together in Sangha to share and identify our shared attention over the day. Mirka will also set an intention for the day’s practices, reminding us where to keep the mind pointed as we practice.

She will introduce several of the techniques that are part of the practices through the day and make any necessary clarifications.

- You may also choose one of the practices offered after the call is complete.

Session 2 and Session 3

In these sessions, choose from any of the practices given in this guide. Make plenty of space between the practices for rest, reflection, and contemplation.

Session 4

This session will include our final call together. If there is time, before the call, do one of the practices offered.

On the call, we will share the experiences of the day, and Mirka will guide us again to help digest the work.

GAYATRI from the Taittiriya Aranyakam

OM BHUḤ | OM BHUVAḤ | OGM̐ SUVĀḤ | OM MAHAḤ |

OM JANAḤ | OM TAPAḤ | OGM̐ SATYAM |

OM TAT SAVITUR VAREṆĪYAM BHARGO DEVASYĀ DHĪMAHI

DHIYO YO NAḤ PRACODAYĀT ||

OMĀPO JYOTĪ RASO 'MRTAM BRAMHA BHŪRBHUVASSUVAROM ||

mahanarayanaya upanisad VI. 35.

We meditate on the glory of that (tat) light which illuminates the universe (savitur) and is the embodiment of Knowledge (vareniyam) and the remover of all darkness and ignorance (Bhargo). May that light illuminate (devasya) our minds, intellects, and hearts (dhimahi). We meditate on the glory, the splendor, and the grace which flows from that light (dhiyo); may the clarity of that light (yo) also fill us up (nah). Om, Peace, Peace, Peace! (prachodayat)

Atha yogānuśāsanam - We Begin..... again

Mirka's commentary on Sutra I-1 of Patanjali's Yoga Sutras - *Here it is, the teaching of Yoga. Are you willing to hear it? Are you open enough? Have you tried enough? Suffering is part of the gift that brought us here, that brought us to our humility to say, "I want to learn. I want to know deeply and embody the state of Peace."*

We come together with an intention of renewal. Can we begin again like a child with fresh eyes to see the world in its wonder washing away what makes us feel heavy? Can we allow faith in Peace bring lightness to our being?

As we renew our dedication to this work, we will utilize the ideas of **Abhyasa** (devoted practice) & **Vairagya** (Remembering the Self) and the goal to remember that peace, Shanti, resides within.

As we begin again, we can use these 3 questions to point us:

What is the Need of your soul at this moment?

What is the Feeling that you would to have in your daily life?

**So, what is it that you already have that helps you return to
Shanti (Peace) in your daily life?**

You do not need to answer,
but trust in first asking the questions
And watching what arises

Guided Attunement and Breath Awareness

We have two Video resources from Mirka to support your retreat at any part of the 24 hours period.

There are two videos guiding a visualization of bringing light into the BodyMind to cleanse, purify, and renew. For those of you familiar with the teaching of Ashtanga Yoga from the Yoga Sutras of Patanjali, this practice has a sequence touching on the 8 limbs.

Luminous Body Guided Mudra and Movement

<https://youtu.be/NyFgbSUCvZg>

This can be done standing or sitting in a chair (with slight adaptations). Mirka will guide some simple gestures and movements to bring the attention more and more inward. The mind's eye will be guided to visualize the Luminous body.

Luminous Body Guided Pranayama & Pratyahara

<https://youtu.be/MlfPL1gtj7I>

This is a guided practice of breath awareness. It is best to do sitting or even lying down.

It can be done separately from the video above or it is a nice complement to the previous practice in that it takes the experience more deeply into the body as it turns our sense inward using the breath as a guide.

Guidance for Practice 1

Relaxation

This practice was designed by Gary Kraftsow and made into a beautiful video by Bija Bennett. We are including the original sequence drawn out by Gary, and the video of the practice can be found at

www.bijab.com/self-help/stress-reduction-feeling-at-home-relaxation-video

For those of you who would like the guiding voice to support you, Bija's video is a wonderful source. For those who prefer to keep the space quiet, please just use the sequence, on the following page, as best serves you.

AFTER pranayama

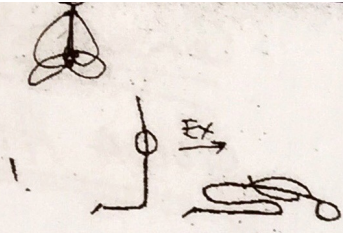
Rest in Yoga Nidra - In the back of this document, there is a list of three possible Yoga Nidra practices that are guided (on Youtube). You may use any of these, or, for those of you with experience in Yoga Nidra, feel free to return to the practice you know for approximately 20 to 30 minutes.

We have included the link to one of these guided practices with the attached sequence, but it is only guidance. Please feel free to choose any Yoga Nidra practice that supports you.

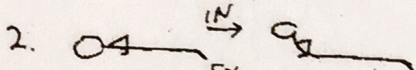
After Yoga Nidra, sit up and spend some time resting in the heart

Practice 1

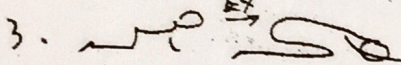
YOGA ANAHU Relaxation



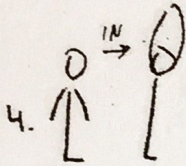
6x



6x

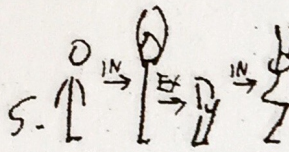


6x



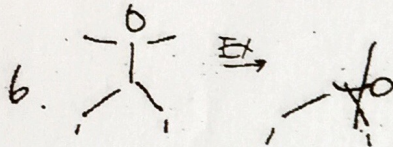
pause 3" after IN

repeat 6x - 3x front, 3x side



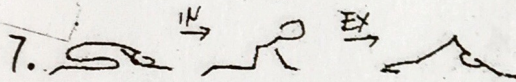
pause 3" after IN 3x

repeat 6x



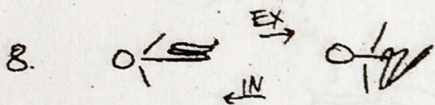
pause 3"
after EX

stay down 1, 2, 3 breaths

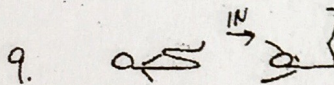


pause 3" after IN

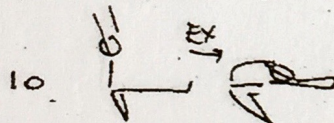
stay 1, 2, 3 breaths



pause 3" after EX
stay 1, 2, 3 breaths



stay up 1, 2, 3 breaths



pause 3" after EX

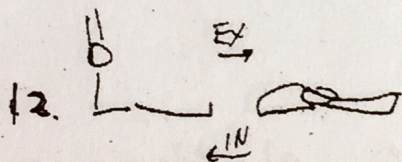
stay down 1, 2, 3 breaths



pause 3" after IN

stay 6 breaths, each side

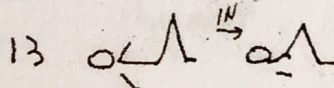
[#11 ↑ EX every 2nd breath



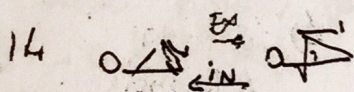
pause 3" after EX

stay

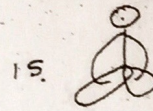
down 1, 2, 3 breaths



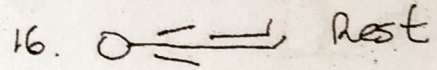
6x



6x



IN	R	X	S	
6	0	6	0	6x
6	0	6	3	6x
6	0	9	3	6x



Rest

After Pranayama
Energy Healing Yoga Nidra
from Jessie

<https://youtu.be/tpvI0vCz9YQ>

Guidance for Practice 2

Om Namo Namah

This Practice brings us to the Mantra “Om Namo Namah”, which we can translate into “Not me” or “That what I am” or “I bow to the Love within me”.

When we call to the Gayatri Mantra, we are calling to the Universal Light/Love that pervades the Universe. When we recite Om Namo Namah, it is a reminder that “I am the Light (of the Gayatri).”

Pranayama structure:

Mirka suggests using alternate nostril Exhale in this Pranayama (inhale Ujjayi and exhale alternately through the nostrils - Anuloma Ujjayi)

Here is a suggestion for the ratio of the breath work:

Inhale:Hold:Exhale:Hold

6 : 0 : 6 : 0 - 6 times

6 : 0 : 6 : 3 - 6 times

6 : 0 : 9 : 3 - 6 times

6 : 0 : 6 : 0 - 6 times

Be with the breath, nice and round - “Om Namo Namah” with breath, then rest in silence.

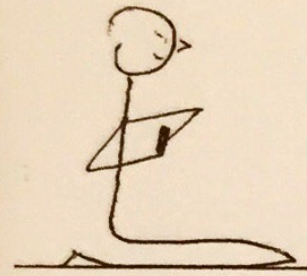
Yoga Nidra (After pranayama)

Energy Healing Yoga Nidra (22 minutes) from Jessie

<https://youtu.be/tpvI0vCz9YQ>

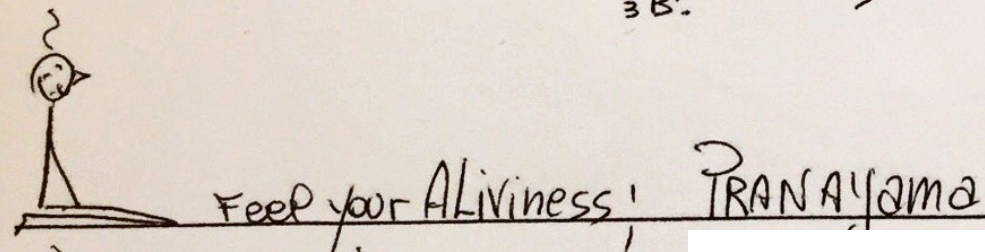
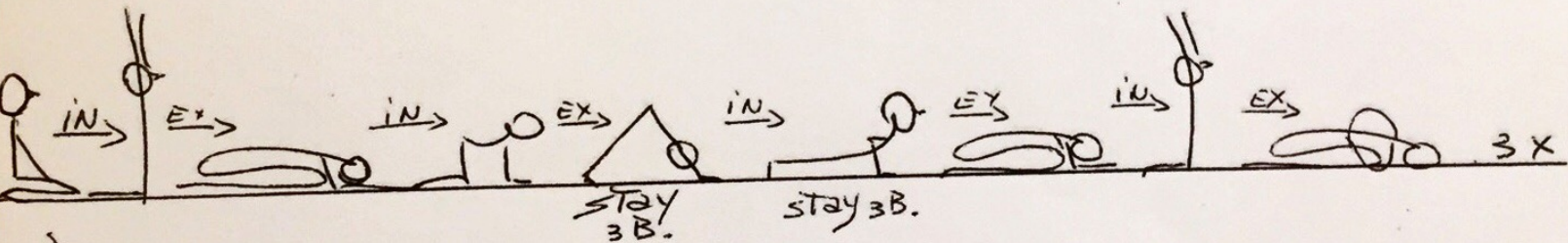
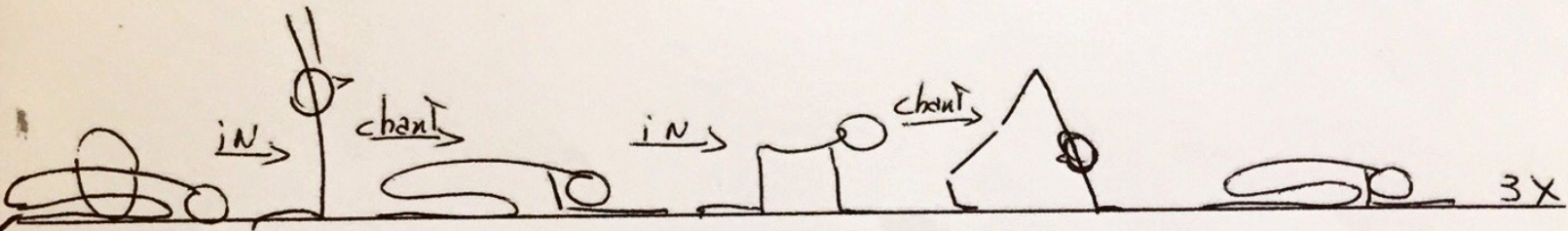
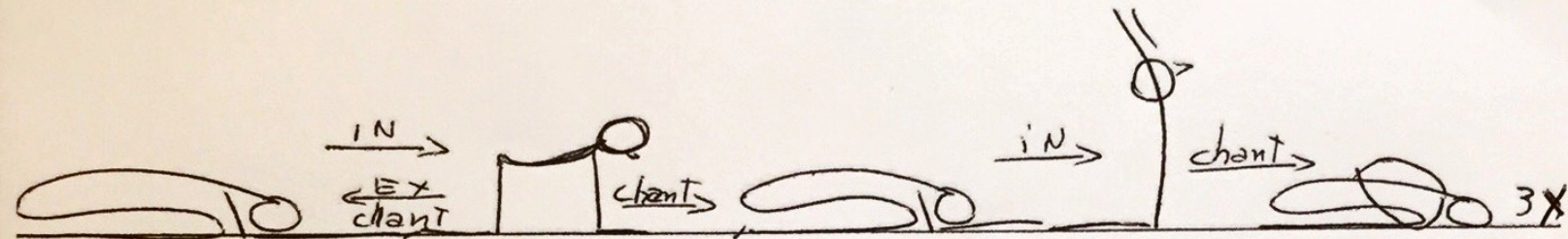
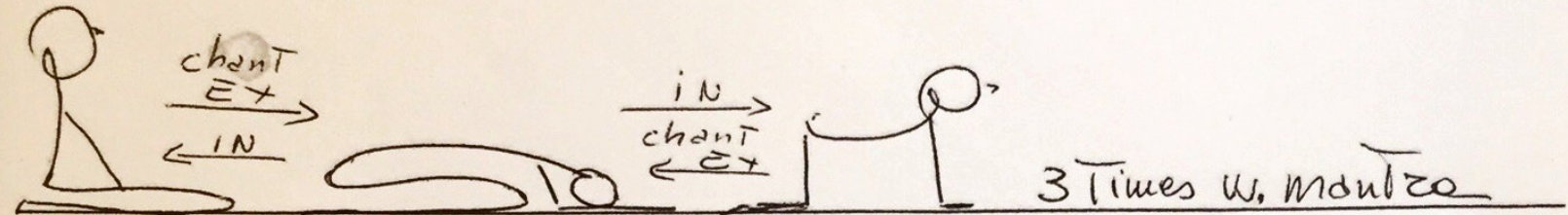
Rest in the heart in the arising stillness and expansiveness.

Practice 2

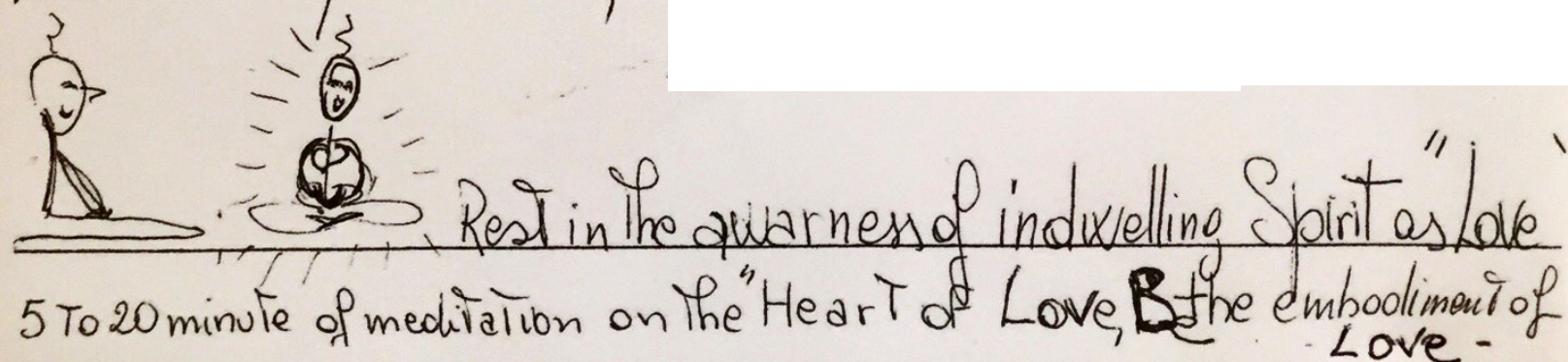


Om namo namaha

Repeat
3 to 12 Repeat



Then Yoga Nidra



Guidance for Practice 3

Nyasa with Gayatri Mantrah

This Practice focuses on using body prayer (Nyasa) as a way to embody the Mantra “Om Namo Namah.” The movements are simple and flowing - utilizing chanting on exhale and mental recitation on inhale.

For those of you with experience of chanting the Gayatri Mantra, feel free to take a longer time for mantra Japa (perhaps 108 recitations) - and then recite the translation. For those who are not yet familiar with the mantra, come to the translation and read it out several times.

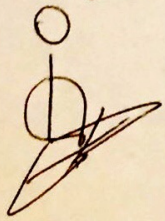
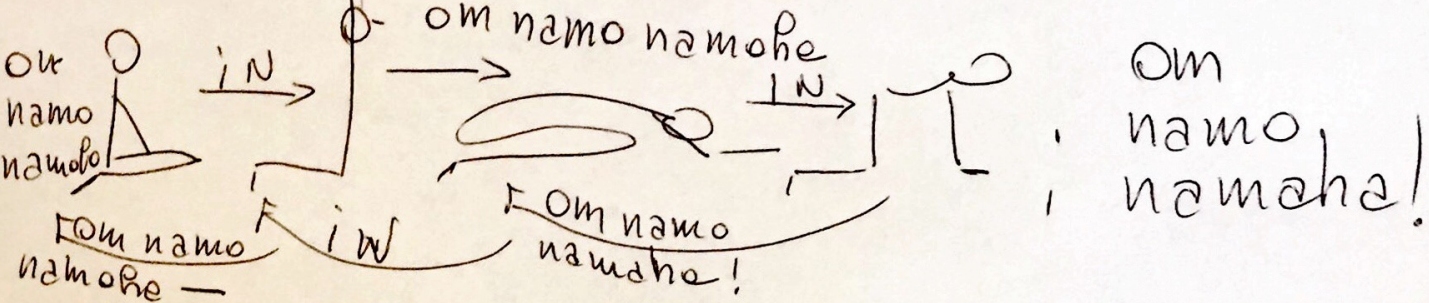
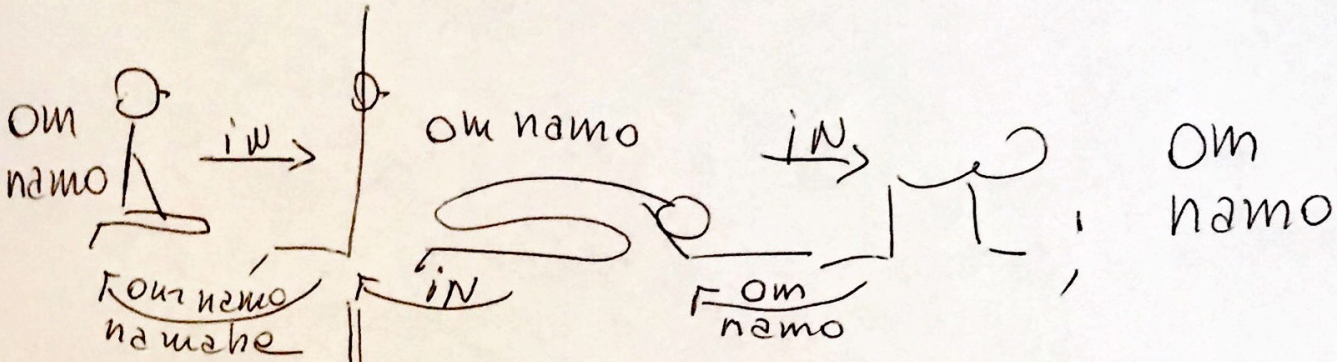
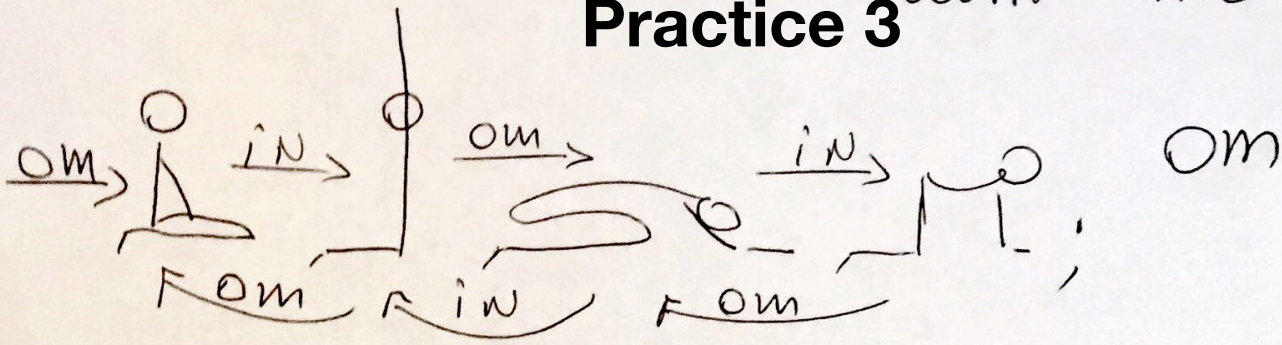
An optional Yoga Nidra (requiring a bit more time and focus) is
61 points (39 minutes) from Ariel Christopher
<https://youtu.be/1BUpiJ4p0v8>

After the sequence, rest in the heart 5, 10, or perhaps 20 minutes. You can use a timer here if you like, or watch the body. As the body feels ready to move, come back to the mantra Om Namo Namah, and if possible, return to the heart for one or two more rounds.

Rest in the heart in the arising stillness

Om namo namaha! "Bow To The Love within me"

Practice 3

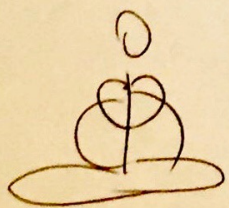


sit, Breath w the mantra mentally -

IN - om namo namaha

EX - om namo namaha

12 Times



Be in the Heart, Be in the Light of Goodest Heart.

5, 10, 20
minute



Chant The mantra Om Namom
namohe

Recite Gayatri ;

Online Resources

Links to material online are provided below and will also be copied into the group email (for ease of use). These tools are to support your practice with a guiding voice and are optional to use during the retreat.

YogaAway videos from the amazing Bija Bennett are beautifully produced videos with sequences that Mirka refers to in the guidance for practice 1.

Summary of Luminous Body Guided Practice with Mirka

- 1) Mudra and movement - <https://youtu.be/NyFgbSUCvZg>
- 2) Breath Awareness and Pratyahara - <https://youtu.be/MlfPL1gtj7I>

A summary of all four of the YogaAway videos

www.bijab.com/creative-works/videos-and-films/yogaaway-videos

1) Strength: Feeling Great Again - Strength

www.bijab.com/self-help/the-workout-feeling-great-again-strength-video

2) Feeling at Home - Relaxation

www.bijab.com/self-help/stress-reduction-feeling-at-home-relaxation-video

3) Feeling Clarity of Mind - Concentration

www.bijab.com/self-help/finding-focus-feeling-clarity-of-mind-concentration-video

4) A Good Night Practice (11 minutes)

www.bijab.com/self-help/a-good-night-from-yogaaway-video

Yoga Nidra - Guided practices

Yoga Nidra 1- 61 points (39 minutes) from Ariel Christopher

<https://youtu.be/1BUpiJ4p0v8>

Yoga Nidra 2 - Energy Healing Yoga Nidra (22 minutes) from Jessie

<https://youtu.be/tpvI0vCz9YQ>

Yoga Nidra 3 - Journey Through the Chakras (32 minutes) led by Kamini Desai (Guided portion begins at 1:45)

<https://youtu.be/rogU4H6LIEk>