

Be Still & Know - Practices in Silence and Discernment
Silent Retreat with Swami Sankarananda
Northern Lights Martial Arts Center - Marquette, MI

October 10, 2026

Welcome

This silent retreat is open to all sincere seekers of truth. To support your inner journey, we provide and maintain a dedicated sacred space. We ask all participants to fully honor the silence during scheduled times and to remain within the embrace of the retreat center for the duration of the retreat, allowing the immersion to do its work.

Retreat Intention

While we often define silence simply as the absence of sound, this retreat invites you to discover a deeper truth. Beyond the mere extraction of sound lies the "Silence in the Cave of the Heart," a positive, living presence of absolute Peace, Fullness, and Joy at your center. Our purpose this weekend is to guide you past the desire to simply get away, and instead help you explore this profound Silence, cultivate a deep relationship with it that you can trust, and carry it forward into your daily life. This Silence is your Home; our intention is to help you to remain Home no matter what happens in your busy life.

Retreat Overview

Deepen your connection to the Divine through silence, meditation, chanting, Yoga Asana, and the timeless teachings of the great Yogis. Swami Sankarananda will serve as your primary guide, sharing wisdom that illuminates the path from fear into a life of abiding peace, love, and joy.

This experience is designed to be profound yet accessible. Whether you are new to silent retreats or seeking a supportive environment for deeper reflection, you will leave with a stronger relationship to Silence and practical tools to dive within.

- [Click here](#) to learn more about Swami Sankarananda
- [Watch a short video](#) overview of the Retreat Goals & Practices

Main Gathering Places

Most scheduled sessions will take place within the main house. We also encourage you to explore the grounds during personal time, where you will find outdoor spaces conducive for quiet reflection in nature. A peace walk will be held shortly before the retreat closes.

Meals

We provide simple, nourishing vegetarian food with vegan options. There will be a light lunch and light dinner available during this retreat, with light snacks and tea available throughout the day.

Spiritual Counseling

One-on-one counseling sessions with Swami are available during the afternoon personal sadhana time for those interested in individual guidance. We encourage you to make use of this opportunity; scheduling sheets will be provided on-site.

Minimizing Distraction

Turning off all devices (phones, computers, etc.) upon arrival is an essential part of an immersion into Silence. Please inform friends and family prior to the retreat that you will be offline. *NOTE: Swami is always reachable, and can be contacted in case of emergency: (234) 262-1086.*

General Guidelines

Silence is to be maintained throughout the retreat, with the exception of group chanting and discussions with the teacher. However, safety and health are paramount; if you feel unwell or have an urgent need, please do not hesitate to speak to Swami or a staff member.

What to Bring

- Yoga mat and any preferred props
 - Loose, breathable clothing for yoga practice
 - Walking shoes for outdoors
 - Any necessary medications
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Retreat Schedule

Attendance at all sessions is encouraged to maintain the collective energy.

Saturday, October 10

- **8:00 - 9:30AM:** Satsang (silence begins) - Silent Meditation, Chanting, Dharma Talk
- **10:00 - 11:30AM:** Yoga Asana / Pranayama Class
- **11:30AM - 12:30PM** - Lunch
- **1:00 PM:** Discernment Workshop
- **2:00 - 4:00 PM:** Individual Sadhana
 - Spiritual Counseling with Swamiji, Seva, Self-guided practice (rest, meditate, journal, etc.)
- **4:30 PM:** Yoga Nidra
- **6:00 PM:** Dinner
- **7:00 PM:** Closing Satsang
- **8:00 PM:** Close