

SAVITRI IMMERSION WORKSHOP

*Integral Yoga Retreat
Pilgrim Firs, Washington
September 22-26, 2019*



This Savitri Immersion Workshop with Rod Hemsell will take place from Sunday, Sept 22 to Thurs, Sept 26 at the Pilgrim Firs Conference Center, 3318 SW Lake Flora Rd, Port Orchard, Washington, USA. Participants may arrive on Sunday afternoon and depart on Thursday morning. A donation of \$300 is requested, including room, food, teachings, and activities. Please register with Rod ASAP. (The Bremerton-Kitsap Airporter provides an hourly shuttle to Port Orchard from SeaTac airport; reservations required only for the return trip on Thurs (call 360-876-1737). ROD'S ADDRESS: 12011 32ND AVE NE, APT 2, SEATTLE, WA, 98125

The theme of this workshop will be 'opening above the mind' and stabilizing the universal consciousness and higher intuition (chaitanyamaya purusha), based on Savitri, Book 2, Cns 1-3-5-11. The practice of silencing the mind and elevating consciousness through mantra is in fact a basic aim of the Integral Yoga of Transformation, as we learn from the many volumes of Sri Aurobindo's yoga-philosophy, and from the Mother's Agenda. Savitri is the mantric transmission of the will and force that can be activated for this purpose. The aim of this workshop will be to see and hear this teaching through the power of mantra, supplemented by a close study of certain chapters of The Synthesis of Yoga, Part Four. Allan Nett will also offer daily hatha yoga and meditation practices. And the site of this retreat is surrounded by beautiful forests and lakes, and the silence of nature, which provide an ideal support for inner/outer experience.

Schedule

<i>Opening lecture</i>	<i>Sunday evening</i>	<i>8:00PM</i>
<i>Mon-Wed Program</i>	<i>Breakfast</i>	<i>8:00AM</i>
	<i>Pranayama, Meditation</i>	<i>9:00AM</i>
	<i>Savitri Immersion</i>	<i>10-12AM</i>
	<i>Lunch</i>	<i>1:00-2:00PM</i>
	<i>Savitri Immersion</i>	<i>3:00-5:30PM</i>
	<i>Dinner</i>	<i>7-8:00PM</i>

Registration Questionnaire

Name(s) _____ Address _____

1. How will you be arriving – air, car, train, etc? (I can pick up those who take the airport shuttle to Port Orchard which is just a couple of miles from the retreat center, after 4PM, Sun., and to the shuttle for departure on Thurs at 10AM.)

2. How will you be paying – by check or cash? Are you willing to pay in advance, by mail? For those who would like to send payment in advance, which could be helpful, the address is
Rod Hemsell, 12011 32nd Ave NE, Apt 2, Seattle, WA, 98125.

3. Are you willing to share a room with 1 person____, 2 persons____? Single rooms are not available.

4. Are you willing to help with food prep, cooking, kitchen clean-up, etc?

5. If you come by car, are you willing to take passengers on a trip to the Hoh National Rainforest (about 50 mi)?

6. Do you have special food needs, suggestions, preferences, etc?

7. Would you care to make comments or ask questions? Feel free to do so here , by email, or by phone – 206-963-0989, rodhemsell@yahoo.com

Thanks for your response.

Rod.

Invocation:

*A triple realm of ordered thought came first,
A small beginning of immense ascent:
Above were bright ethereal skies of mind,
A packed and endless soar as if sky pressed sky
Buttressed against the Void on bastioned light;
The highest strove to neighbour eternity,
The largest widened into the infinite.
But though immortal, mighty and divine,
The first realms were close and kin to human mind;
Their deities shape our greater thinking's roads,
A fragment of their puissance can be ours:
These breadths were not too broad for our souls to range,
These heights were not too high for human hope.*