



Ashram at Ask Retreat Centre

The word «Ashram» means a workshop for spiritual growth or a place that encourages and creates an environment for working with oneself – a workshop of silence.

This is a possibility to take a break from your daily life and work more intensive with your own practice of yoga and meditation, a dose of silence to take with you home. There is no teaching, you are responsible yourself for doing yoga, pranayama, relaxation and meditation in the Pyramid at the specified time.

An Ashram is also a social community, but the personal practice of yoga and meditation is the hidden core carrying the community. If you decide to live in our Ashram it is mainly to stabilize and deepen your own yoga and meditation and not just to stay at a place with cheap accommodation or suck on a spiritual community. When you do your daily practice of yoga and meditation and engage yourself in Karma Yoga then this is your main contribution to the spiritual community.

Daily program:

- 6.00 - 8.00 Kriya Yoga – for initiates in the Pyramid. Do your own yoga / meditation in your room.
- 8.00 - 8.30 Silent meditation – for all
- 8.30 - 9.00 Private or common breakfast
- 9.00 - 9.15 Morning meeting
- 9.15 - 1.15 Karma Yoga
- 1.15 - 2.00 Yoga Nidra relaxation – for all
- 2.00 - 3.00 Common or private lunch
- 3.00 - 5.00 Karma Yoga / free time / sauna
- 5.00 - 6.30 Yoga and breathing exercises
- 7.00 Private or common meal
- 10.00 Silent meditation – for all

Be prepared to follow the time schedule of the ashram precisely. Please come 5 minutes before an activity starts. If you are too late for a relaxation or meditation, you can't participate.

Conditions of the Ashram

1. You have participated on one of our retreats at Ask Retreat Centre.
2. Daily personal practice of yoga and meditation when living here.
3. You do at least 2 hour of Karma Yoga each day.

Karma Yoga

Karma Yoga is practical activity which gives you more joy of living by creating more presence and focus into the now. Through karma yoga you dissolve your worries and fears and enable yourself to go deeper in the meditation and your contact with the natural state of inner silence.

Ask Retreat Centre is run on an idealistic basis and is organized as a non-profit organization. As a visitor, for a shorter or longer period, you are encouraged to help with the daily work with maintenance and development of the centre. Typical karma yoga tasks may be forest work, chopping of wood, painting of houses etc.

Prices for meals pr person

If more than one person live at the ashram, we make good and tasty vegetarian meals and have a shared lunch at 2 pm. The other meals you make your self. Kitchen and dining area is in the main Log House. If you are the only one staying in the ashram you make your own food.

Everybody joins in cooking on a shared basis and also in keeping the inside and outside areas of the centre clean and tidy.

Please contact us if you want to stay here for a shorter or longer period to work with yourself.

PRICES FOR MEALS	
Lunch pr day	NOK 120,-

Prices for accommodation/rent

We have 1 cabin, 1 apartment and rooms in the other houses/cabins at Ask Retreat Centre.

The Log Cabin has 3 beds, kitchen, toilet and shower. **The Seaview Apartment** has one double room, one single room, dining room with sleep bed sofa, kitchen, toilet and shower. In the **main Log House** there is three rooms available with shared kitchen, shower and toilet + possibilities for sleeping in **the Boat House** or in **the Alcove**. Bed sheets, and towel, can be rented for NOK 100, but you are free to bring your own.

We have set up two price categories: Ashram / Rentals. **Ashram rate is for:** Former participation in at least one Retreat at Ask Retreat Centre. Daily practice of yoga and meditation and at least 2 hours of karma yoga. **Rental rate is:** If you have not been on a Retreat at Ask Retreat Centre and / or if you want to stay here without doing yoga, meditation and karma yoga. **You can only rent the Log Cabin and the Seaview Apartment through airbnb.com** – and only 3 days minimum rent.

PRICES PR DAY	Ashram	Rental
In the Log House	NOK 350,-	NOK 450,-

WEEKEND (Prices 3 days)	Ashram	Rental
In the Log House	NOK 900,-	NOK 1.200,-
The whole Log Cabin *	Not available	NOK 2.800,-
The Seaview Apartment *	Not available	NOK 2.800,-

WEEK PRICES (7 days)	Ashram	Rental
In the Log House	NOK 2.100,-	NOK 2.800,-
The whole Log Cabin *	Not available	NOK 5.200,-
The Seaview Apartment *	Not available	NOK 5.200,-

MONTHLY PRICES	Ashram	Rental
In the Log House	NOK 2.600,-	NOK 4.200,-

* (Up to two persons + NOK 136 per person extra / night)



More information: www.retreat.no or email: ask@retreat.no

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SCANDINAVIAN YOGA AND MEDITATION SCHOOL

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