

# “Immersion”

part 1

BAKU

OUTGOING

Retreat



Author: Anar M.  
[www.dot-circle.com](http://www.dot-circle.com)

Ask yourself

"How can I understand myself?"

"How can I find peace within?"

"Where to find the source of life?"

**Silence. Calmness. Truth.**

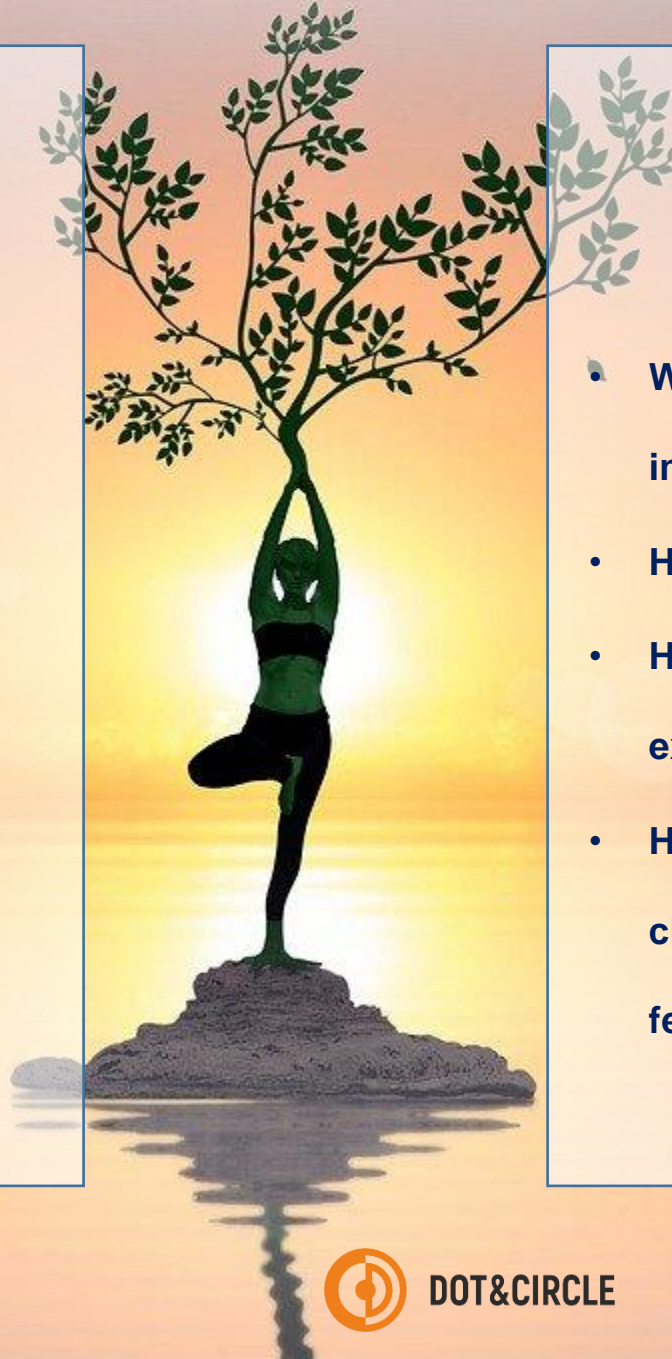
**“Immersion. Part 1 ”** is a retreat full of unique practices, exercises and seclusion with your own soul.

In solitude with yourself, You will Feel the power of Silence, hear the voice of the Soul, acquire Peace and Awareness.



# Retreat program

- Practice of Silence, Breathing and Energy
- Long meditation practice
- Cleansing breath technique
- Light fasting
- Feelings of a surge of Energy, Clarity of Mind and release from Inner Fears
- Self-discovery and Immersion
- Himalayan techniques of inner work for beginners



# ANSWERS ON QUESTIONS

- What is Immersion and why is it important?
- How to learn to be silent in life?
- How to synchronize energy with external relationships?
- How to start the mechanism of cleansing the mind and getting rid of fears?



DOT&CIRCLE



# ***TIMETABLE***

**SATURDAY**  
**15.05.21**

8.00 - Beginning – Briefing

8.30 - 10.00 - Individual exercise "Solitude" (Cell)

10.00 - 10.30 – Feedback

10.30 - 12.30 - Exercise "Mauna" (2 hours of silence)

10.30-11.00 - Meditation "Getting Rid of Anxiety"

11.00 - 12.00 - Drawing "Map of Consciousness"

12.00 - 12.30 - Meditation "Getting rid of fears"

13.00 - Quiet lunch

14.30 - 15.00 - Exercise "Embryo"

15.00.- 15.30 - Internal immersion

15.30 - 16.30 - Hour with closed eyes

16.30 - 17.00 - Meditation in Motion

17.00 - 17.30 - Exercise "Life without a look"

17.30-18.00 – Break

18.00 - 19.00 - Conversations. Hour of Gratitude

19.00 - 19.30- Completion



# Basic rules of participation



- Do not be late
- Smoking or alcohol is prohibited during the program
- “One Microphone” Rule
- Strictly follow the requirements of the retreat
- We respect the opinion of each participant
- Drinks and food are not allowed during classes
- Bring sportswear or comfortable clothes with you
- Mobile communication is strictly prohibited.
- All exercises must be conducted
- Report any ailments prior to exercise
- It is not allowed to leave until the end
- There is no notion of time during the retreat
- Be proactive



## RETREAT - IMMERSION

To live a full life, you need to know yourself.