



Hymns:  
Himalayan Yoga Meditation Network Society Netherlands

## Intensive Silence Retreat

19 - 26 September 2025

Guided by: Pierre Lefebvre (pandit Priyadarshan),  
Swami Ma Tripurashakti Bharati, Uta Bisseswar  
maybe another senior teacher will be invited

Location: Monastery the Beukenhof at Biezenmortel, the Netherlands

*Immerse in the Spirit of the Lineage of The Himalayan Tradition. The practices and teaching of this intensive silence retreat will deepen and strengthen silence.*

*The retreat will as usual consist of a practices like joints & glands, hatha yoga, classes to become aware of what Silence means, subtle body practices, guided meditations, contemplative walking and so on.*

*These practices will allow participants to find a deep silence and obtain deeper insights of one-self. Immersing oneself in Silence provides a window through which one witnesses with deepening awareness the nature of one's own mind. Over several days, the subtlety of that awareness becomes deeper and deeper.*

*The retreat location is south of Den Bosch, and has access to public transport.*

### FULL PARTICIPATION (Friday-Friday)

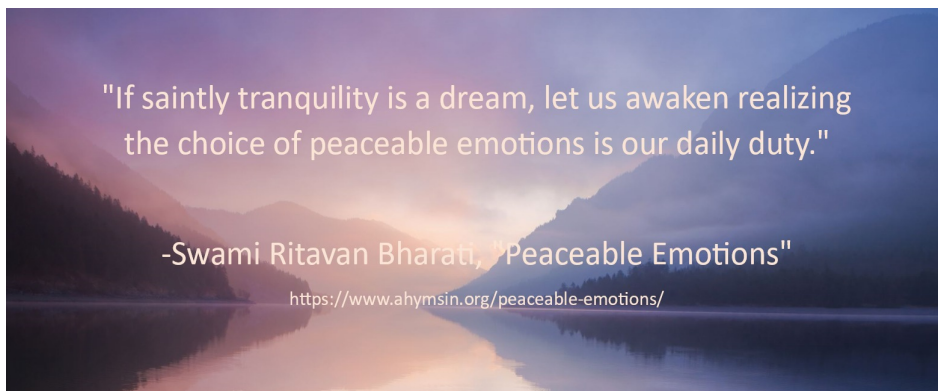
Double room (share) € 590 ; Single room € 680 (8 days/7 nights + all meals)

*\*\*\*Our retreats should be accessible to everyone, so if the costs are an obstacle for you, don't hesitate to discuss this with us \*\*\**

"If saintly tranquility is a dream, let us awaken realizing  
the choice of peaceable emotions is our daily duty."

-Swami Ritavan Bharati, "Peaceable Emotions"

<https://www.ahymsin.org/peaceable-emotions/>



## Teachers



### **Pierre Lefebvre (Pandit Priyadarshan)**

Originally from Canada, Pierre completed a master's degree in classical guitar. He also received training in Balinese and North Indian classical music. His passion for yoga brought Pierre to India, where he joined the Dhyana Gurukulam at Swami Rama Sadhaka Grama in 2005. He has studied with Swami Veda Bharati and other senior teachers of the Himalayan Yoga Tradition. Pierre has been serving Swami Veda's mission, AHYMSIN and Sadhaka Grama in many ways. He was the Himalayan Yoga Tradition – Teacher Training Program manager from the creation of AHYMSIN in 2007 and continues to serve HYT-TTP until today. He is a member of AHYMSIN's Executive Committee and Board of Directors. Swami Veda granted him the title of pandit in 2014, naming him Priyadarshan. Now as a worldwide travelling teacher, Pandit Priyadarshan is trying to convey his passion for yoga and meditation by his very personal style of teaching acquired during his years of study in India. His approach is very warm and focused on individuals, with special attention to the needs of each person. Pierre is certified as Yoga Acharya by the Fédération Francophone de Yoga and holds the ERYT-500 and YACEP recognitions by Yoga Alliance.

**Swami Ma Tripurashakti Bharati:** Ma Tripurashakti Bharati took sannyasa in 2013 through Swami Jnaneshvara Bharati, a direct student of Swami Rama, along the Ganges at Swami Rama's ashram Sadhana Mandir. From then onwards she has spent her time learning, practicing, traveling, and sharing. During the corona-years she has had the blessing of living continuously in Sadhana Mandir to focus only on practice. Nowadays Ma Tripura lives half of the year in India, where she facilitates a retreat every month in Sadhana Mandir and the other half of the year in the country where she was born, namely The Netherlands.

### **Uta Bisseswar**

Uta has been practicing meditation and yoga within the Himalayan tradition since her teenage years. She received regular teachings with Swami Rama and Pt. Usharbudh Arya (Swami Veda Bharati) through the Himalayan Institute in Germany, where she also joined the TTP (Teacher Training Program) from 1992-1994. Uta holds a master's degree in political science. She worked as a policy officer for the German government in the field of education for immigrant children. From 2005 till 2007 Uta followed the Gurukulam Yoga study programme in India at SRSG under the guidance of Swami Veda. Currently she lives with her husband and their children in The Hague. She teaches yoga in her own studio as well as for the Himalayan TTP in the Netherlands and for Ayuryoga Nederland, a school for yogatherapy and Ayurveda.

## Registration:

You can subscribe by filling in this form and return it to [info@yoga-hymns.nl](mailto:info@yoga-hymns.nl)

**Your registration is complete when the first payment of € 80 has been received by HYMNS**

If you would like more **information** before signing up, please write us an email.

**Registration form** (please copy file, fill in and send)

*Name:*

*Address:*

*Postal code, residence:*

*Country:*

*Phone:*

*Email adress:*

***Do you have food issues: diet, allergies etc. which should be taken into account by the Beukenhof kitchen:***

**Subscribing for:**

0 Silence Retreat Full Participation Double Room € 590

if you already have a roommate, then please fill in their name .....

0 Silence Retreat Full Participation Single Room € 680

*(please delete what's not applicable)*

*\*\*\*Our retreats should be accessible to everyone, so if the costs are an obstacle for you, don't hesitate to discuss this with us \*\*\**

**I know that my registration will be completed only after the first payment of €80; and that the remaining amount has to be paid before August 15, 2025**

date..... place.....

**Payment instructions:**

**Account name: Himalayan Yoga Meditation Network Society**

**Address: Parkweg 18, 7973 KA Darp, The Netherlands**

**IBAN/Account: NL32 INGB 0007 0385 40**

**BIC-code (for international money transfer): INGBNL2A**

**Reference: Silence Retreat September 2025**

If applicable: the participant should also pay for the costs of international remittance.

**We offer the following payment regulation.**

At registration first payment of € 80. Full payment before 15 August 2025

For **cancellations** before 15 August 2025 we will charge € 80,-

For **cancellations** before 1 September 2025 we will charge € 200,-

For **cancellations** after 1 September 2025 we will charge 50%