



# Program Guide



The Three-Fold Path Retreat with Sri Ashish  
April 26–27, 2025 | Hamilton, NJ  
Venue: 83 Dakota Drive, Hamilton, NJ 08619

## Retreat Overview

This retreat is a sacred space for inward turning, silence, and sincere remembrance. Together, we will explore the Three-Fold Path:

- **Right Understanding** – Realizing "I AM" as the essence of one's being; seeing through illusion and false identity
- **Right Practice** – Stabilizing awareness through remembrance and quiet attention
- **Right Experience** – The spontaneous flowering of peace, love, and stillness as one abides in truth

The flow of this retreat is intentionally gentle and spacious — designed to support direct insight, inner stillness, and heartfelt inquiry

## Saturday, April 26

### 11:00 AM – Arrival & Orientation

Participants are welcomed into the retreat space. Orientation includes a review of the retreat structure, silence guidelines, digital detox, and shared agreements for presence and participation.

### 11:30 AM – Opening Circle & Introductions

We begin by gathering in circle. Each participant is invited to share: What brings you here? What is your current spiritual practice (if any)? Is there a question or longing alive in you right now?

### 12:30 PM – Energization & Settling In

A short series of simple body movements and breathwork to support relaxation, balance energy, and gently transition into stillness. No previous experience needed.



### **1:00 PM – Satsang with Sri Ashish:**

#### **Introduction to the Three-Fold Path**

Sri Ashish introduces the Three-Fold Path — not as a belief system, but as a direct orientation to the truth of our being. A space of quiet listening, clarity, and pointing.

### **2:00 PM – Silent Sitting / Nature Abidance**

Unstructured time for silent sitting. Participants are encouraged to sit or walk in natural awareness, simply being present without any effort to attain or analyze.

### **2:45 PM – Contemplative Walk**

A guided silent walk. The invitation is to let the mind rest, and to walk in full awareness — step by step, breath by breath.

### **3:30 PM – Satsang with Sri Ashish: Right Understanding**

A deeper exploration into the core realization of the path — the “I AM” beyond form and identity. This session may include a brief inquiry or dialogue.

### **4:00 PM – Tea Break (Silent)**

A quiet pause with tea and light refreshments. Silence is maintained to allow inwardness to deepen.

### **4:30 PM – Group Reflection & Open Dialogue**

A shared space to speak from direct experience. Participants may reflect on what is unfolding, ask questions, or simply witness the group field in presence.

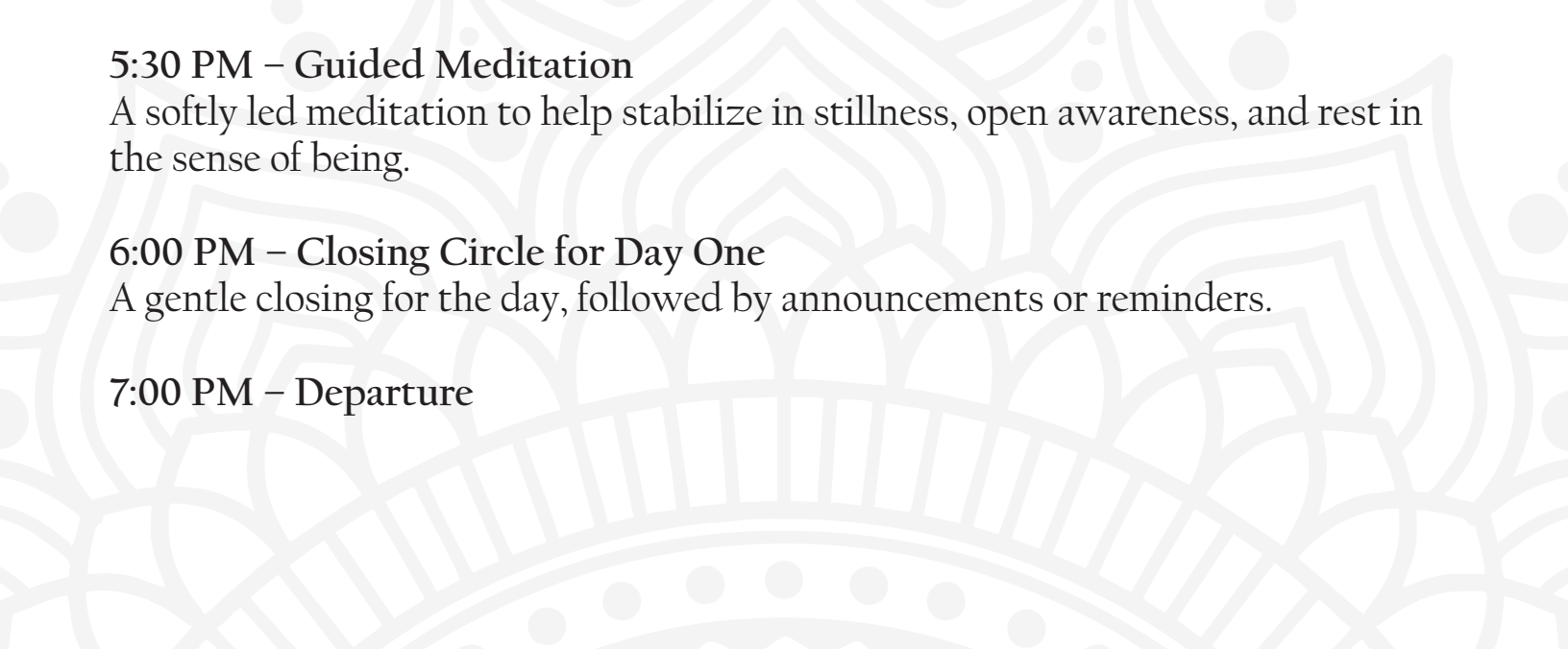
### **5:30 PM – Guided Meditation**

A softly led meditation to help stabilize in stillness, open awareness, and rest in the sense of being.

### **6:00 PM – Closing Circle for Day One**

A gentle closing for the day, followed by announcements or reminders.

### **7:00 PM – Departure**





## Sunday, April 27

### 10:00 AM – Silent Arrival & Sitting

We begin the day in collective silence with quiet sitting. Phones remain off. No verbal exchanges upon arrival.

### 10:30 AM – Energization & Movement

Gentle movement to awaken the body and open energetic flow before the morning discourse.

### 11:00 AM – Satsang with Sri Ashish: Integrating the Path

A final Satsang on integration — how to live the path in daily life. Not through effort or striving, but through the simplicity of remaining as “I AM.”

### 12:00 PM – Nature Reflection & Journaling

Time is offered for inward integration. Sit in silence, walk quietly, or journal your insights.

### 12:30 PM – Final Circle: Insights & Offerings

Each participant is invited to speak from the heart — a reflection, a realization, a gesture of gratitude. A moment of shared presence to close.

### 1:00 PM – Lunch (Silent or in Presence)

Simple vegetarian (saatvik) lunch offered. Participants may continue silence or speak softly as they feel moved.

### 2:00 PM – Retreat Concludes

Departure in presence and peace. Donations welcome if inspired.

## Reminders

- Silence is observed between sessions unless otherwise guided
- Phones must remain off or in airplane mode during the retreat
- Journaling is welcome during reflection periods
- Come as you are — with sincerity and openness
- Rest often. Let the mind settle. Let yourself simply be