



A WEEK OF STILLNESS

A week of silence, alone with yourself and surrounded by pine trees in a primeval forest, can sometimes be the best way to set aside some time to organise your thoughts.

Leisurely, reflective walks along animal trails in a forest or on a sandy Baltic beach, the soothing sound of the sea, gourmet meals, and time spent alone with yourself. If you can supplement that with a sufficiently free agenda and an excellent library in which to find inspiration and perhaps some intellectual answers on a rainy day, then respite for the soul is guaranteed. The Stacija retreat centre in rural Latvia invites you to take part in just such a Week of Silence on the shores of the Baltic Sea.

Stacija is the largest and most significant retreat



centre in the Baltics. Every year, it hosts events in English and Latvian that are led by leading teachers from Switzerland, Germany, Austria, Spain, and the United States. The complex consisting of two properties has been in operation already since 2009, and last year it began offering a Week of Silence for those who wish to take a break from the rush and stress of daily life.

The Stacija retreat centre is a special place. It is the only facility of its kind in the region that has been deliberately designed exclusively for retreats. It does not host any other kind of events, so a special atmosphere permeates the retreat centre's buildings as well as the entire property, which covers several hectares. Stacija's secluded location in the middle of the Oviši Nature Reserve means that the forest and seashore are both very near and one can walk for hours without meeting another person.

Guests participating in a Week of Silence are accommodated in 30 small rooms on the second floor of the House of Silence, each equipped with a bathroom and shower. On the ground floor, participants have access to a lounge, library, large meditation room, and lecture room. A hot meal is served three times a day, at fixed times, in the adjacent restaurant building. For those who wish to learn about silent meditation, experienced meditation teachers can guide them in the practice.

To make a Week of Silence as enjoyable and enriching as possible for all participants, we urge them to follow the retreat's rules, which help one disconnect from everyday life and take away the sometimes unnecessary 'politely obligatory' need to socialise. Over the course of the week, guests are asked to remain silent, not speak with each other (not even greet each other in the morning), and not use their mobile phones or other communication devices so as not to disturb the other participants with their conversations. Upon arriving at the Stacija retreat centre for a Week of Silence, each participant signs a form promising to adhere to these rules.

People from all over the world – Chile, Brazil, the United States, Canada, much of Europe, and as far afield as Singapore – have taken part in this and similar programmes organised by Stacija. During a Week of Silence, all necessary information is available in English, German, and Latvian.

Weeks of Silence are designed to help participants organise their thoughts and relax. But as is often the case, a week of silence can also become an important turning point that allows one to work through emotional wounds that have not fully healed, make decisions at a crossroads in one's life, or help see the need for a shift in one's daily focus. So if you, too, are looking for a place to spend time close to nature, in peace and quiet, know you are welcome at the Stacija retreat centre.

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