



## Advanced Yoga Practices

### Retreats - Fast Track to Freedom A Guide for Leaders and Practitioners AudioBook Tracklisting

(chapter titles are in caps)

01 - INTRODUCTION	(5:10)
02 - Chap 1 - WHY RETREATS?	(3:53)
03 - Chap 1 - Retreat Basics	(4:29)
04 - Chap 1 - The Magic of Group Practice	(4:42)
05 - Chap 1 - Short Term and Long Term Benefits	(1:14)
06 - Chap 2 - RETREAT IMPLEMENTATION	(3:10)
07 - Chap 2 - Types of Retreats	(0:52)
08 - Chap 2 - Solo Retreat	(2:22)
09 - Chap 2 - Group Retreat (small)	(3:03)
10 - Chap 2 - Group Retreat (large)	(1:21)
11 - Chap 2 - Short Retreats and Long Retreats	(4:34)
12 - Chap 2 - Standard and Advanced Retreats	(5:38)
13 - Chap 2 - Retreat Structure and Schedule	(8:02)
14 - Chap 2 - Planning and Running Retreats	(1:09)
15 - Chap 2 - The Desire to do a Retreat	(1:35)
16 - Chap 2 - Connecting with Others of Like Interest	(1:27)
17 - Chap 2 - Committing to Facilities and Dates	(4:12)
18 - Chap 2 - Lining up Retreat Leaders	(1:58)
19 - Chap 2 - Promoting the Retreat and Securing Sign-ups	(3:56)
20 - Chap 2 - Financial Considerations	(4:29)
21 - Chap 2 - Adapting the Retreat Schedule	(2:40)
22 - Chap 2 - Teaching Practices while on Retreat	(4:15)
23 - Chap 2 - Obtaining Feedback on Retreat Results	(1:47)
24 - Chap 2 - Geographical Considerations	(4:23)
25 - Chap 2 - Questions, Cautions and Safety Measures	(7:25)
26 - Chap 2 - Practitioner Questions (1-4)	(8:00)
27 - Chap 2 - Practitioner Questions (5-8)	(6:44)
28 - Chap 2 - Practitioner Questions (9-12)	(8:33)
29 - Chap 2 - Practitioner Questions (13-14)	(2:59)
30 - Chap 2 - Cautions and Safety Measures	(4:02)
31 - Chap 2 - A Typical Day on Retreat	(12:44)
32 - Chap 2 - Transitioning Back to Normal Daily Activity	(4:28)
33 - Chap 3 - THE INNER DYNAMICS	(1:34)
34 - Chap 3 - Reviewing the Core Practices	(0:51)
35 - Chap 3 - Deep Meditation	(6:04)
36 - Chap 3 - Spinal Breathing Pranayama	(4:07)
37 - Chap 3 - Asanas (postures)	(5:13)
38 - Chap 3 - What Happens to Us on Retreat?	(3:00)
39 - Chap 3 - Experiences - Signs of Purification and Opening	(10:38)
40 - Chap 3 - Uplifting Effects on the Surroundings	(2:37)
41 - Chap 3 - Lasting Cumulative Benefits	(3:02)
42 - Chap 4 - BRINGING IT HOME	(1:06)
43 - Chap 4 - The Rise of Abiding Inner Silence	(3:10)
44 - Chap 4 - A Happier Way of Living	(1:25)
45 - FURTHER READING AND SUPPORT	(3:03)

**Total Run Time - 3 Hours, 1 Minute**