



## *Rocky Mountain Yogis Silent Retreat Colorado Springs, CO, November 17-19, 2017*

The Denver Meditation Group of Self-Realization Fellowship is pleased to announce a retreat this fall at the Franciscan Retreat Center in Colorado Springs.

Self-Realization Fellowship disciples, students, and all those who love introspection are welcome. This retreat is a wonderful opportunity to withdraw our minds from the distractions of daily life and go within to experience the natural solitude of the soul. Silence is an important part of the retreat and will be maintained throughout the weekend, including during meals and on the grounds.

**The theme of the retreat is  
*Divine Mother:***

***A Manifestation of God's Unconditional Love***

*"Divine Mother, open wide the bud of my devotion and release its fragrance, that it may spread from my soul to the souls of all others, ever whispering of Thee."*

— Paramahansa Yogananda

### **WHY A RETREAT?**

Let go of your outer activities; become receptive to God and let Him be the supreme thought in your mind and the burning desire of your heart. Retreating from unceasing activity to cultivate a deeper awareness of God will allow Him to renew your strength and bring you lasting peace and happiness.

Meditation is the very foundation of your relationship with God. May your retreat bring you a deeper awareness of His loving presence.

— from *God First: A Retreatant's Pocket Companion*, published by Self-Realization Fellowship.



### **THE RETREAT CENTER**

The retreat is located at the Franciscan Retreat Center in Colorado Springs. This peaceful retreat has grounds encompassing 70 acres of woodland and grassland, gardens, meditation areas, and abundant wildlife. For more information please visit [www.franciscanretreatcenter.org](http://www.franciscanretreatcenter.org)

*"Every person needs a retreat, a 'dynamo' of silence, where he may go for the exclusive purpose of being newly recharged by the Infinite."*

— Paramahansa Yogananda

## RETREAT SCHEDULE

Check-in begins at 3:00 p.m. on Friday. Please arrive in time to get settled before dinner at 6:00 p.m. The retreat ends at 1:00 p.m. on Sunday. Group energization exercises, group meditations, an inspirational video presentation, and chanting are all part of the retreat. There is also free time for relaxation, reading, and reflection. A detailed retreat schedule will be emailed to registrants in November. To maximize the effects of the retreat experience, guests are expected to participate in the full retreat program and not engage in other activities during their stay.

## WHAT TO BRING

Bring your personal items including clothing suitable for outdoors, arm rests, and a blanket or cushion to sit on during the meditation periods. You may want to bring selections from Paramahansa Yogananda's writings. In keeping with the ideals of a spiritual community, we ask that retreatants dress modestly in comfortable and informal clothes and that they not wear shorts or similar attire. Shoes should be soft-soled to help preserve the quiet atmosphere.



## DIRECTIONS

The Franciscan Retreat Center is located at 7740 Deer Hill Grove, Colorado Springs, CO 80919. The phone number is 719-955-7025. From I-25, take exit 149 (Woodmen Road). Turn west and drive 0.4 miles to Woodmen Road. This is the first signal after crossing the bridge. Turn right on Woodmen Road and drive about 3 miles to Franciscan View Road. You will see the *Mount St. Francis Sisters of St. Francis* sign on your left. Turn left onto Franciscan View Road and follow the directional signs to the retreat center.

*All are welcome.*

*We look forward to seeing you at the retreat!*

## QUESTIONS?

Please contact Carolyn Reid:

[carolynreid@comcast.net](mailto:carolynreid@comcast.net)

303-751-8228 (home), 303-956-5804 (cell)



*Deer on the lawn of the Franciscan Retreat Center.*

## REGISTRATION FORM

### *Rocky Mountain Yogis Silent Retreat November 17-19, 2017*

Please print and fill out one form for each person. Your check must accompany this form to complete your registration.

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Require handicapped access? Yes \_\_\_\_\_ No \_\_\_\_\_

**Please choose one:**

Retreat with lodging and meals  \$210.00

Retreat and meals with offsite lodging  \$130.00

Freewill offering \$ \_\_\_\_\_

**Total Amount Enclosed:** \$ \_\_\_\_\_

All proceeds and donations support the Denver Meditation Group of Self-Realization Fellowship.

**Lodging:** Accommodations at the Franciscan Retreat Center are simple yet comfortable. Most rooms have private bathrooms but some share these facilities. Rooms are equipped with linens, blankets, pillows, soap, and towels. Rooms are available on a first-come, first-served basis. There are no single rooms at the retreat. If a single room is required or the retreat center fills up, additional lodging is available until October 27 at the nearby Hampton Inn for \$79/night. To receive the special rate please call them directly at 719-593-9700 and use group name *Self Realization Fellowship at Franciscan Retreat Center*. The hotel requires 72 hours advance notice of cancellation.

I would like to room at FRC with (choose one or two other people):

\_\_\_\_\_ ; \_\_\_\_\_

**Meals:** Six meals are included: dinner on Friday, breakfast, lunch, and dinner on Saturday, and breakfast and lunch on Sunday. All meals are served buffet style and are vegetarian.

Please indicate if you need gluten-free meals: \_\_\_\_\_

**Payment:** No credit cards accepted. Please make checks payable to **Self-Realization Fellowship** and mail with completed registration form to: Self-Realization Fellowship, 1360 Garrison Street, Lakewood, CO 80215.

**Register early!** If you want to stay at the retreat center, early registration is the best choice. **Please register before November 3** when we must give the retreat center our final numbers.

**Cancellation Policy:** If you cancel your registration prior to November 3 you will receive a full refund. If you cancel after that date we cannot guarantee a refund. This is in accordance with the Franciscan Retreat Center's policy.

**Registration questions?** Please contact Carolyn Reid at carolynreid@comcast.net, or 303-751-8228 (home), 303-956-5804 (cell).

**Want to volunteer at the retreat?** Please complete the volunteer form on the reverse side.

## VOLUNTEER FORM

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Colorado Springs, CO, November 17-19, 2017*

Name \_\_\_\_\_ Email \_\_\_\_\_

*"Let God work through you; that is the best part of devotion. If He is walking through your feet and working through your hands and feet and will, then you will know Him." —Paramahansa Yogananda*

Thank you for your interest in volunteering at the retreat. Please indicate your preferences:

- Transport supplies to and from retreat
- Usher
- Kirtan
- Set up
- Take down
- Registration
- Coffee and tea preparation—mornings
- Coffee and tea preparation—evenings

*Thank you for volunteering!*

If you have questions about volunteering, please contact Geoff Delin:

geoffdelin@yahoo.com; 303-242-4134