

Self-Realization Fellowship
Rocky Mountain Yogis Retreat
October 4-6, 2019

The Denver Meditation Group of Self-Realization Fellowship is pleased to announce a silent retreat this fall in Colorado Springs, Colorado. Self-Realization Fellowship members and students are welcome. It's a wonderful opportunity to withdraw our minds from the distractions of daily life and to seek God, the supreme desire of our hearts.

Silence will be maintained throughout the retreat including on the grounds and at meals. 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.



Retreat Theme:
Bringing God and Guru Into Daily Life

THE RETREAT CENTER

The retreat is located at the Franciscan Retreat Center in Colorado Springs. This peaceful retreat center has grounds encompassing 70 acres of woodland and grassland, gardens, meditation areas, and abundant wildlife.

For more information please visit www.franciscanretreatcenter.org



Marian Hall at the Franciscan Retreat Center

"The value of silence cannot be understood except through experience....What joy awaits discovery in the silence behind the portals of your mind, no human tongue can tell."

— 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 1:30 p.m. on Sunday. Energization exercises, group meditations, an inspirational video, 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 September.

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 retreatants to dress modestly in comfortable and informal clothes and to not wear shorts or similar attire. Shoes should be soft-soled to help preserve the quiet atmosphere.



Rocky Mountain Yogi Retreat in Colorado Springs, Colorado, 2017.

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.

We look forward to seeing you at the retreat!



Deer on the lawn of the Franciscan Retreat Center

QUESTIONS? Contact:

RMYRetreat@gmail.com 303-547-6147

REGISTRATION FORM

Self-Realization Fellowship Rocky Mountain Yogis Silent Retreat

October 4-6, 2019

To register online with a credit card, go to <https://www.lenkr-reg.com>

To register and pay with a check, print, fill out, and mail in this form. Please print legibly!

Name _____

Email _____

Address _____ Phone _____

City _____ State _____ Zip _____

Male _____ Female _____ Require handicapped access? Yes _____

Lodging: Accommodations at the Franciscan Retreat Center are simple yet comfortable. There are no single rooms. Most rooms have private bathrooms but some share these facilities. Rooms are equipped with linens, blankets, pillows, soap, and towels, as well as all essential furnishings. Rooms are available on a first-come, first-served basis. Sleeping accommodations are limited so please register early.

If the retreat center fills up or a single room is desired, additional lodging is available at the nearby Hampton Inn for \$79/night. To receive this special rate, please call them before September 14 at 719-593-9700 and use group name *Self Realization Fellowship at Franciscan Retreat Center*. The hotel requires 72 hours advance notice of cancellation.

Please choose one:

Retreat with lodging and meals _____ \$210

Retreat and meals (no lodging) _____ \$130

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

1. _____ 2. _____

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 lacto-ovo vegetarian. Gluten-free? Yes _____

Registration and Payment: Please make checks payable to Self-Realization Fellowship and mail with completed registration form to: Self-Realization Fellowship, 1360 Garrison Street, Lakewood, CO 80215. Paper registrations without checks will not be accepted.

Registration Deadline is September 21, 2019. Cancellations received before this date are refundable, subject to a \$25.00 fee. Cancellations received after this date may not be refundable and will be handled on a case-by-case basis.

QUESTIONS? Contact:

RMYRetreat@gmail.com or 303-547-6147

Want to volunteer at the retreat? Please use the volunteer form on reverse.

VOLUNTEER FORM

Self-Realization Fellowship Rocky Mountain Yogis Silent Retreat *October 4-6, 2019*

If registering online, please fill out the volunteer section there. There is no need to use both forms.

Name _____

Email _____

Phone _____

"You must work, but let God work through you; this is the best part of devotion. If you are constantly thinking that He is walking through your feet, working through your hands, accomplishing through your will, 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
- ☐ Flowers
- ☐ Set up
- ☐ Take down
- ☐ Registration
- ☐ Coffee and tea preparation

Thank you for volunteering!

If you have questions about volunteering, please contact:

ricardocoward@yahoo.com