

*Self-Realization Fellowship
Rocky Mountain Yogis
Devotee-led Silent Retreat
October 11-13, 2024*



The Denver Meditation Group of Self-Realization Fellowship will hold a devotee-led silent retreat. Self-Realization Fellowship *Lessons* students are welcome to attend. This is a wonderful opportunity to withdraw from the distractions of daily life and actively seek God.

Silence is 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:

Opening Our Hearts and Minds to the Guru

The retreat will be held at the [Franciscan Retreat Center](#) in Colorado Springs. **Registration deadline is September 23.**



Marian Hall at the Franciscan Retreat Center

“I want your life to unfold in a perfect blossom, and I want to gather you all as a fragrant bouquet, and to lay you at the feet of God.”

— Paramahansa Yogananda as recalled by Sri Mrinalini Mata

Retreat Schedule

Check-in is from 3:00 - 5:00 p.m. on Friday and the retreat ends at 1:30 p.m. on Sunday. A detailed retreat schedule will be emailed to registrants in September.



Rocky Mountain Yogis Retreat in Colorado Springs, Colorado, 2023

What to Bring

Bring clothing suitable for outdoors, arm rest, a sweater or blanket (the chapel windows will be open), and a cushion or pad to sit on. A selection of SRF books and magazines will be available but you may want to bring your own *Lessons* to study during free time.



“O Guru, thou didst lift me out of the land of bewilderment into the paradise of peace. My slumber of sorrow has ended, and I am awake in joy.”

— Paramahansa Yogananda

REGISTRATION FORM

Self-Realization Fellowship

Rocky Mountain Yogis Devotee-led Silent Retreat

October 11-13, 2024

You can fill out this form online and then print it. Or you can print this form and fill it out by hand.

Please print legibly.

Enclose this completed form with a check payable to Self-Realization Fellowship and mail to: Self-Realization Fellowship, 1360 Garrison Street, Lakewood, CO 80215. Registrations without checks will not be accepted.

Name _____

Email _____

Address _____ Phone _____

City _____ State _____ Zip _____

Male _____ Female _____ Require handicapped access? Yes _____

Lodging: Accommodations at the Franciscan Retreat Center are simple yet comfortable. Rooms are shared with one other person and most have private bathrooms but some share these facilities. Rooms are equipped with linens, blankets, pillows, soap, and towels, as well as all essential furnishings.

If the retreat fills up, rooms at the nearby Spark by Hilton (719-593-9700) are available at a reduced rate of \$99 per night. Reserve by September 27 and mention "SRF Franciscan Retreat Center."

Please choose one:

Retreat with lodging and meals _____ \$ 230

Retreat and meals (no lodging) _____ \$ 145

If you need financial assistance to attend the retreat, please email rmyretreat@gmail.com

I would like to room with: _____

Meals: Six lacto-ovo vegetarian meals are included: dinner on Friday, breakfast, lunch, and dinner on Saturday, and breakfast and lunch on Sunday. **If you require gluten-free, please email RMYRetreat@gmail.com**

Registration deadline is September 23, 2024. Cancellations received before this date are refundable, minus a \$25.00 fee per registration. Cancellations received after this date are not refundable. Cancellations made due to illness are fully refundable; let us know as soon as you can.

Volunteers are needed!

Please complete the volunteer form on the next page.

QUESTIONS? Email RMYRetreat@gmail.com

VOLUNTEER FORM

Self-Realization Fellowship Rocky Mountain Yogis

Devotee-led Silent Retreat

October 11-13, 2024

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
- Welcome Table and Check-in
- Service Usher
- Dining Room Usher
- Flowers
- Set up
- Take down
- Maintain break room

Thank you for volunteering!

If you have questions about volunteering, please email RMYRetreat@gmail.com