

Self-Realization Fellowship

Regional Retreat

September 21–23, 2018

The Denver Meditation Group of Self-Realization Fellowship is pleased to announce a monastic-led retreat this fall in Colorado Springs. Self-Realization Fellowship disciples and students are welcome. It's 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 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

God and Guru: Nearest of the Near, Dearest of the Dear

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



Marion 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 2:15 p.m. on Sunday. Energization exercises, group meditations, techniques review, 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

Please bring your SRF Lessons Student and/or Kriyaban card for admittance into the techniques review classes. 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.



Regional Retreat in Colorado Springs, CO, 2012.

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!

QUESTIONS? Contact:

Carolyn Reid: carolynreid@comcast.net; 303-956-5804

Ricardo Coward: ricardocoward@yahoo.com; 303-263-9880



Deer on the lawn of the Franciscan Retreat Center

REGISTRATION FORM

Self-Realization Fellowship Regional Retreat Colorado Springs, CO, September 21–23, 2018

Please fill out one form for each person.

Name _____ Email _____

Address _____ Phone _____

City _____ State _____ Zip _____

Male _____ Female _____ Require handicapped access? Yes _____ No _____

Are you an SRF Lessons student? Yes _____ No _____

Are you a Kriyaban? Yes _____ No _____

Don't forget your SRF Lessons Student or Kriyaban cards.

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, as well as all essential furnishings. Rooms are available on a first-come, first-served basis. Sleeping accommodations are limited so please register early.

There are no single rooms at the retreat. If a single room is required or the retreat center fills up, additional lodging is available at the nearby Hampton Inn for \$79/night. To receive the special rate, please call them before August 21, 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 _____ \$235

Retreat and meals only (no lodging) _____ \$157

I would like to room at FRC with (choose up to 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.

Gluten-free? _____

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.

Registration deadline is September 7, 2018. Cancellations received before this date are fully refundable. Cancellations received later may not be fully refundable and will be handled on a case-by-case basis.

Registration questions? Carolyn Reid at 303-751-8228 or carolynreid@comcast.net

Ricardo Coward at 303-263-9880 or ricardocoward@yahoo.com

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

VOLUNTEER FORM

Self-Realization Fellowship Regional Retreat Colorado Springs, CO, September 21–23, 2018

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—mornings
- Coffee and tea preparation—evenings

Thank you for volunteering!

If you have questions about volunteering, please contact Ricardo Coward:

Ricardocoward@yahoo.com, 303-263-9880