

Rocky Mountain Yogi Weekend Retreat at the Franciscan Retreat Center, Colorado Springs, CO; October 28-20, 2011

"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

WHERE IS THE RETREAT?



Marian Hall, Franciscan Retreat Center

The retreat is at the **Franciscan Retreat Center** at Mt. St. Francis in Colorado Springs, CO, about a 60-minute drive south of Denver. The retreat grounds cover 70 acres including hiking trails, gardens, wildlife, woods, open areas, meditation areas, and a labyrinth. Additional information and pictures of the retreat center grounds are located on their web site at: www.franciscanretreatcenter.org/index.html.

DIRECTIONS FROM DENVER

From Denver Take I-25 South to Exit 149 (Woodmen Road). Exit to your right staying in the far right lane. Turn right again on Woodmen Road. Travel down Woodmen Road for about 3.5 miles and you'll see Mt. St. Francis on your left. Enter the grounds and follow the directional signs to the Franciscan Center. (7740 Deer Hill Grove, Colorado Springs, CO 80919; 719-955-7025).

For additional information regarding the retreat, please call Ricardo Coward at 303-893-6601 or e-mail him at ricardocoward@yahoo.com.

WHO CAN COME?

All students of Self-Realization Fellowship lessons, or members that know at least the basic techniques of meditation, are welcome to attend.

WHAT IS A RETREAT?

"The word 'retreat' means to withdraw or retire, or to go into solitude. In the sense of a spiritual retreat, we refer to the withdrawing of one's consciousness from the many distractions of daily life, and allowing the mind to go within to experience the natural solitude of soul awareness. A spiritual retreat may be taken alone or with a group of devotees. An important consideration for group retreats is that all participants have the same desire to dedicate a day to deep effort to feel the presence of God and Gurus and to make the presence of God a tangible part of their lives."

- From the Self-Realization Fellowship Bulletin, January 1976

Our Guru, Paramahansa Yogananda stressed the importance of souls coming together for silent communion with the Divine and refreshing our souls in nature. The practice of silence allows one to interiorize the mind. Thus, silence will be maintained at meals and throughout the retreat. However, there will be social periods at the beginning and end of the weekend.



WHAT YOU SHOULD BRING

Bring a selection from the writings of Paramahansa Yogananda that is especially inspiring to you. You may bring your elbow rest to practice the SRF Aum technique of meditation. You may also want to bring a blanket and cushion to sit on during the meditation periods.

RETREAT SCHEDULE

You may attend any part of the retreat you wish. Please sign up on the sheet in the foyer if you are interested in attending.

Please arrive early to get your nametag, find your room, drop off your luggage, and generally prepare yourself for a weekend of silence, rest, and communion with God.

The meditation room will be in Francis Place (pictured at right). Our sleeping rooms are in Marian Hall (picture on front page) as well as Francis Place and at the nearby Hampton Inn (if necessary).

Friday Evening:

- 4:30 Registration begins, retreat check in
- 5:30 Dinner
- 7:40 Group practice of energization exercises
- 8:00 Group meditation with kirtan
- 9:30 Service ends

Saturday:

- 6:30 Meditation room open for private meditation
- 7:30 Breakfast
- 8:30 Free time
- 9:40 Group practice of energization exercises
- 10:00 Group meditation
- 11:00 Free time
- 11:30 Lunch
- 12:30 Free time
- 2:30 Group meditation with kirtan
- 3:30 Free time
- 5:10 Group practice of energization exercises
- 5:30 Dinner
- 7:00 Inspirational SRF video/DVD
- 8:20 Group meditation
- 9:30 Service ends; room open for private meditation

Sunday:

- 6:30 Meditation room open for private meditation
- 7:30 Breakfast
- 8:30 Free time
- 9:40 Group practice of energization exercises
- 10:00 Readings Service (DVD) with kirtan
- 11:30 Wrap up and group photo; end of silence
- 12:00 Social Lunch
- 1:00 Close of retreat

RETREAT COSTS & SLEEPING ACCOMMODATIONS

- \$160 retreat, meals, and accommodations
- \$ 95 retreat & meals only (off-site accommodations)

The retreat cost includes two nights lodging in the retreat center, 6 meals (dinner Friday evening, three meals on Saturday, plus breakfast and lunch on Sunday), and rental of the retreat center. Please see the retreat registration form for more information on the options.

All meals provided at the retreat will be vegetarian and will be served buffet style. Breakfasts typically include eggs, rolls, breads, cereal, juices, and beverages. Lunches typically include a salad bar, vegetarian entree and/or soup, breads, and dessert. Dinners typically include a vegetarian entree, breads, dessert and salad bar.



Francis Place, Franciscan Retreat Center

Sleeping accommodations at the Franciscan Retreat Center are in Marian Hall (pictured on the front page) and Francis Place. Rooms are furnished with sheets, towels, soap, blanket, pillow, sink, and all essential furniture. Most rooms have private baths, although some share shower and restroom facilities. The hallways and bedrooms are fully carpeted, which makes the buildings very quiet. A beautiful chapel is located in Marian Hall and is available for individual prayer throughout most of the weekend. Sleeping accommodations are limited so **please register early**.

OFF-SITE ACCOMMODATIONS

Rooms at the Franciscan Retreat Center are available on a first come, first served basis. If sleeping accommodations become full, additional lodging is available for \$69/night at the nearby **Hampton Inn** (7245 Commerce Center Drive; 719-593-9700). When making a reservation, tell them that you are attending a retreat at the Franciscan Retreat Center. They will then give you a special rate of \$69 per night.

GENERAL QUESTIONS?

For general questions regarding the retreat, please call Ricardo Coward at 303-893-6601. Ricardo will be happy to speak with you.

