

*Self-Realization Fellowship*  
*Rocky Mountain Yogis Retreat*  
*October 6-8, 2023*

The Denver Meditation Group of Self-Realization Fellowship will hold a member-led silent retreat in Colorado Springs, Colorado. Self-Realization Fellowship members and *Lessons* students are welcome. It's a wonderful opportunity to withdraw from the distractions of daily life and actively seek God.

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:*  
*Finding Peace and Joy in Meditation*

**THE RETREAT CENTER**

The retreat will be held at the [Franciscan Retreat Center](#) in Colorado Springs. Directions will be emailed to registrants in September.



*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. The retreat begins with dinner at 6:00 p.m. on Friday and ends at 1:30 p.m. on Sunday. A detailed retreat schedule will be emailed to registrants in September.

## *What to Bring*

Bring clothing suitable for outdoors, arm rest, a sweater or blanket (the chapel windows will be open during use), a cushion to sit on during meditations, and selections from Paramahansa Yogananda's writings. In keeping with the ideals of a spiritual community, please dress modestly in comfortable and informal clothes and do 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, 2019.*

*"Silence and seclusion are the secrets of success. In this modern life of activity there is only one way to separate yourself from its ceaseless demands: get away from it once in a while."*

*— Paramahansa Yogananda*

*We look forward to seeing you!*

**QUESTIONS? Contact:**  
[RMYRetreat@gmail.com](mailto:RMYRetreat@gmail.com)



*Deer on the lawn of the Franciscan Retreat Center*

**REGISTRATION FORM**  
*Self-Realization Fellowship*  
*Rocky Mountain Yogis Silent Retreat*

To register print, fill out, and mail in this form with your check. **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. 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. Rooms are available on a first-come, first-served basis.

If the retreat fills up, rooms at the nearby Wingate by Wyndham Hotel (719-593-9700) are \$92 per night (plus taxes) for reservations by September 22. Mention "SRF Franciscan Retreat Center" when reserving.

**Please choose one:**

Retreat with lodging and meals \_\_\_\_\_ \$ 225

Retreat and meals (no lodging) \_\_\_\_\_ \$ 140

If you need financial assistance to attend the retreat, please email.

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.**

**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. Registrations without checks will not be accepted.

**Registration deadline is September 18, 2023.** 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? Contact:**

[RMYRetreat@gmail.com](mailto:RMYRetreat@gmail.com)

## VOLUNTEER FORM

### *Self-Realization Fellowship Rocky Mountain Yogis Silent Retreat October 6-8, 2023*

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
- ☐ Usher
- ☐ Dining Room Usher
- ☐ Flowers
- ☐ Set up
- ☐ Take down
- ☐ Maintain break room
- ☐ I'll do whatever you need help with!

*Thank you for volunteering!*

If you have questions about volunteering, please email [RMYRetreat@gmail.com](mailto:RMYRetreat@gmail.com)