

# *Self-Realization Fellowship*

## *Regional Retreat*

*October 7 - 9, 2022*

Self-Realization Fellowship (SRF) monastics will lead a regional retreat hosted by the Denver Meditation Group. SRF disciples and *Lessons* students are welcome. This is a wonderful opportunity to withdraw from the distractions of daily life and actively seek God.

SRF monastics will guide retreatants in group meditations, kirtans, and classes. There will be ample time for relaxation, reading, writing, and solitude.



### *Retreat Theme:*

*Experiencing Divine Love*

### *The Retreat Center*

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



*Self-Realization Fellowship Regional Retreat 2018, Colorado Springs, Colorado*

## *Retreat Schedule*

The retreat begins with dinner at 6:00 p.m. on Friday and ends at 2:15 on Sunday. Check-in begins at 3:00 p.m. A detailed retreat schedule will be emailed to registrants in September.

## *What to Bring*

Please bring your *SRF Lessons* student or Kriyaban card. 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.



*Energization Exercises during the 2018 Regional Retreat*



*Marian Hall at the Franciscan Retreat Center*

*“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 at the retreat!*

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

## REGISTRATION FORM

### *Self-Realization Fellowship Regional Retreat October 7-9, 2022, Colorado Springs, Colorado*

To register, print, fill out, and mail in this form. Don't forget to include a check. **Please print legibly.**

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Male \_\_\_\_ Female \_\_\_\_ Require handicapped access (ground floor room)? Yes \_\_\_\_

Are you a *SRF Lessons student*? Yes \_\_\_\_ No \_\_\_\_ Are you a Kriyaban? Yes \_\_\_\_ No \_\_\_\_

**Don't forget your *SRF Lessons student* or Kriyaban card!**

**Please register early as the retreat fills quickly. Registration deadline is September 13.** Cancellations received before this date are refundable, minus a \$25.00 fee per registration. Cancellations received after this date may not be refundable and will be handled on a case-by-case basis. Cancellations made due to illness are fully refundable; let us know as soon as you can.

**Lodging:** Accommodations at the Franciscan Retreat Center are simple yet comfortable. Rooms are shared with one or two others. 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.

I would like to share a room with (provide one or two names): 1. \_\_\_\_\_  
2. \_\_\_\_\_

If the retreat fills up, rooms at the nearby Wingate by Wyndham Hotel (719-593-9700) are \$89 per night (plus taxes) for reservations by September 23. Mention "SRF Franciscan Retreat Center" when reserving.

**Please choose one:**

Retreat with lodging and meals: \_\_\_\_\_ \$245

Retreat and meals (no lodging) \_\_\_\_\_ \$160

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

**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. If you need gluten-free meals 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. Paper registrations without checks will not be accepted.

**Requests or questions? Please email: [RMYRetreat@gmail.com](mailto:RMYRetreat@gmail.com)**

## VOLUNTEER FORM

### *Self-Realization Fellowship Regional Retreat Colorado Springs, Colorado*

Thank you for your willingness to volunteer. **Please print legibly.**

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

*“As you forget self in service to others, you will find that, without seeking it,  
your own cup of happiness will be full.”*

*— Paramahansa Yogananda*

Thank you for your interest in volunteering at the retreat. Please indicate your preferences:

- Transport supplies to and from retreat
- Check-in and Welcome Table
- Usher
- Flowers
- Set up
- Take down
- Maintain break room
- I'll do whatever you need help with!

**Someone will contact you in September with more information about your volunteer service.**

*Thank you for volunteering!*