



SILENCE RETREAT AT THE QUEBEC ASHRAM

December 26th-30th, 2009

Dear Student of Kriya Yoga,

Om Kriya Babaji Nama Aum. You are cordially invited to participate in the Silence Retreat at the ashram in St. Etienne de Bolton, from 7 pm Saturday evening December 26, to Wednesday evening December 30, 8:00 pm. Participants who cannot remain for the entire 5 days, are welcome to attend as well for a minimum of 2 days and 2 nights at anytime from December 26 to 30.

DAILY PROGRAM

6:30 am to 8:30 am Group practice of pranayama and meditation.

10:00 am to 11:00 am Brunch

3:30 pm to 5 pm: Yoga Asana class

5 pm to 6 pm Group practice of pranayama and meditation

6 pm to 7 pm.: Dinner

8 pm. Inspirational lecture by M. G. Satchidananda on a theme related to silence, Self-Realization and inner awareness, with instruction in methods to deepen your practice.

Outside of these times, participants will be free to pursue their own sadhana, study, record in their journal, and use all of the facilities of the ashram, including the Tapas Kutir by the lake.

Mantra Yagna and Mantra initiation: On Wednesday December 30, from 8 am to 11 am there will be a mantra yagna, and participants will receive initiation into a mantra of their choice.

Cost of Silence Retreat: Given the current economic recession, we have decided to offer this Silence Retreat program to support everyone who desires to deepen their practice and understanding of Babaji's Kriya Yoga, and to contribute to world peace through our silence and tapas. We are requesting a suggested contribution of CND\$47.50 or USD\$40 per day, with a minimum of two days required. For those who stay for the full 5 days, the suggested contribution is CND\$205 or USD\$190.

RSVP with the date and approximate time of your arrival and a deposit of \$50 by check payable to "Kriya Yoga Publications" PO Box 90, Eastman, (Quebec) J0E 1P0 or credit card authorization to telephone 1 888 252 9642 or via our website "Enroll in activity." If you need assistance with local transportation, let us know.

May Babaji bless you,

M. G Satchidananda

Enrollment form for **Silence Retreat**

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Telephone: _____ Deposit enclosed: _____

Date & time of arrival: _____ Date & time of departure : _____