



**YOGA & MEDITATION
SILENCE RETREAT
AT THE QUEBEC ASHRAM**

June 23rd-27th, 2010

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 Wednesday evening June 23rd, to Sunday evening June 27th, 8:00 pm. Participants who cannot remain for the entire 4 days, are welcome to attend as well for a minimum of 2 days and 2 nights at anytime from June 23rd to 27th. Participants who wish to stay longer are welcome to do so.

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, with pranayama and bandahs. Deepening your practice with Durga

5 pm to 6 pm Group practice of pranayama and meditation

6:30 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.

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 \$50 per day, with a minimum of two days required.

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 départure : _____