

Self-Realization Fellowship Regional Retreat

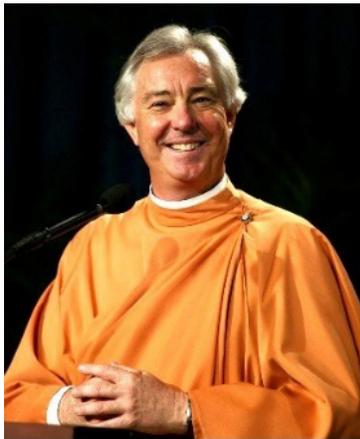
Assisi Heights Spiritual Center, Rochester, MN

Friday, May 24—Sunday, May 26, 2019

The Minneapolis Meditation Group of Self-Realization Fellowship is pleased to announce a retreat by SRF monastics during the upcoming Memorial Day weekend at the Assisi Heights Spiritual Center, in Rochester, Minnesota.

Self-Realization Fellowship disciples, students, and all those who enjoy introspection are welcome. You are also encouraged to invite a friend who might be interested in the SRF teachings. This retreat is a wonderful opportunity to withdraw our minds from the distractions of daily life and go within to experience the natural peace of the soul.

Paramahansa Yogananda said: "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."



The retreat will be led by **Brother Satyananda** from the Lake Shrine Temple in Pacific Palisades, California, and here is his welcome message to us:

I am happy to be coming again to Minneapolis, to lead the May retreat at the Assisi Center in Rochester. My greetings to all and I am looking forward to meditating deeply with you and sharing Guruji's teachings. We are making the retreat this year open to all who want an experience of shared silence and the personal renewal this brings. The meditations will have guidance and the class sessions will have universal inspiration. So, if you know someone in your life whom you feel would enjoy this type of weekend, feel free to make the invitation. My best wishes and prayers to you and your families,

Bro. Satyananda

Assisi Heights Retreat Center

The Assisi Heights Spirituality Center provides spiritual and educational resource programs which reflect the mission of the Sisters of Saint Francis *"to be a compassionate presence for peace in our world, striving for justice and reverence for all creation"* by providing a place of hope, prayer, reflection and enrichment.



Lodging

Accommodations at the Assisi Heights Retreat Center are simple yet comfortable. Rooms are all single, equipped with linens, blankets, pillows, soap, and towels, as well as all essential furnishings. Men and women are in separate areas of the building. Accommodations are dormitory style with shared bathrooms and showers.



Cost and Registration

- \$175 for the entire weekend.
- The cost includes use of the retreat center, lodging for two nights, and six meals.
- Fill a registration form and leave it at the church with your check or mail it in to: Minneapolis Meditation Group, 112 West 43rd Street, Minneapolis, MN, 55409
- Registration forms are available at our church or you can download a copy from the retreat page of our website (www.srfminneapolis.org) and print out.
- You can also register online and pay either via PayPal or mail in the check to our mailing address.

Retreat Schedule

- Check-in begins at 5:00 p.m. on Friday.
- Please arrive in time to get settled before dinner at 6:30 p.m. The retreat ends at 2:30 p.m. on Sunday.
- Group energization exercises, group meditations, inspirational talks by the monastics, and chanting are all part of the retreat.
- There is also free time for relaxation, reading, and reflection.
- The detailed retreat schedule is available at the church, on our website or you can pick one up at the beginning of the retreat.

Meals

- All meals are vegetarian and served buffet style.
- The retreat includes dinner on Friday, three meals on Saturday, and breakfast and lunch on Sunday.
- The buffet will contain some food that is gluten-free and lactose free.
- Please indicate any dietary needs on the registration form.

What to Bring

Bring your personal items including clothing suitable for outdoors, elbow rests for the SRF Aum technique of meditation, and a blanket or cushion to sit on during the meditation periods. You may want to bring selections from Paramahansa Yogananda's writings.

In keeping with the ideals of a spiritual community, we ask that retreatants dress modestly in comfortable clothes.

Retreat Address

Assisi Heights Spirituality Center
1001 14th St NW, Rochester, MN 55901

Questions?

- Call or text Sandy Doss: 952-457-8971
- e-mail her at retreat@srfminneapolis.org.

All are welcome. We look forward to seeing you at the retreat!