

Minneapolis Meditation Group Silent Retreat

Assisi Heights Spirituality Center in Rochester, MN

September 12-14, 2025

"Every person needs a retreat, a 'Dynamo' of silence, where he may go for the exclusive purpose of being newly recharged by the Infinite." - Paramahansa Yogananda



WHERE IS THE RETREAT?

Assisi Heights Spirituality Center,
Rochester, MN



The retreat will be held at the **Assisi Heights Spirituality Center** at Assisi Heights in Rochester, MN, about a 80-minute drive south of Minneapolis. Assisi Heights house Sisters of Saint Francis and the grounds cover 130 acres including hiking trails, gardens, wildlife, woods, open areas, meditation areas, and a labyrinth. Additional information and pictures of the retreat center grounds are located on their web site at: www.rochesterfranciscan.org.

WHO CAN COME?

All students of Self-Realization Fellowship lessons, or individuals that know at least the basic techniques of meditation, are welcome to attend.

WHAT IS A RETREAT?

"The word 'retreat' means to withdraw or retire, or to go into solitude. In the sense of a spiritual retreat, we refer to the withdrawing of one's consciousness from the many distractions of daily life, and allowing the mind to go within to experience the natural solitude of soul awareness. A spiritual retreat may be taken alone or with a group of devotees. An important consideration for group retreats is that all participants have the same desire to dedicate a day to deep effort to feel the presence of God and Gurus and to make the presence of God a tangible part of their lives."

- From the Self-Realization Fellowship Bulletin,
January 1976

Our Guru, Paramahansa Yogananda stressed the importance of souls coming together for silent communion with the Divine and refreshing our souls in nature. The practice of silence allows one to interiorize the mind. Thus, silence will be maintained at meals and throughout the retreat. However, there will be social periods at the beginning and end of the weekend.

WHAT YOU SHOULD BRING

Bring a selection from the writings of Paramahansa Yogananda that is especially inspiring to you. You may bring your elbow rest to practice the SRF Aum technique of meditation. You may also want to bring a blanket and cushion to sit on during the meditation periods.

RETREAT SCHEDULE (Tentative)

Please arrive early to get your nametag, find your room, drop off your luggage, and generally prepare yourself for a weekend of silence, rest, and communion with God.

Friday Evening:

- 4-6PM Registration and check in
- 6-7PM Dinner
- 7:15 Group practice of energization exercises
- 7:30 Video
- 9-10 Group Meditation

Saturday:

- 7AM Group practice of energization exercises
- 7:30 Group Meditation
- 8:30 Breakfast
- 9:30 Video
- 10:30 Free Time
- 12:30 Lunch
- 1:30 Optional Tours of Assisi Heights
- 3:00 Group practice of energization exercises
- 3:30 3 Hour Nun's Kirtan with Meditation
- 6:30 Dinner
- 7:30 Video
- 8:40 Group practice of energization exercises
- 9-10 Group meditation

Sunday:

- 7AM Group practice of energization exercises
- 7:30 Group Meditation
- 8:30 Light Breakfast
- 10AM Inspirational Service/Video
- 11:15 Group photo; end of silence
- 12:30 Social Lunch
- 1:30 Close of retreat

RETREAT COSTS & SLEEPING ACCOMMODATIONS



The retreat cost of \$250 includes 2 nights lodging, 6 meals (dinner Friday evening, three meals on Saturday, plus breakfast and lunch on Sunday), beverages, and rental of the meeting room at retreat center.

All meals provided at the retreat will be served in the dining hall with vegetarian options available. There will be a section of the dining hall partitioned off with signs noting "In Silence". Breakfast includes hard boiled eggs, rolls, bread, oatmeal and juice. Lunch will include a salad bar, vegetarian entree and/or soup, bread, and dessert. Dinner will include a salad bar, vegetarian entree, bread and dessert.

On-site sleeping accommodations are dormitory style with one room per person, separate sections for females and males with shared showers and bathrooms per gender. Towels and sheets are provided.

GENERAL QUESTIONS?

For general questions, please email: retreat@srfminneapolis.org