



Midwest Retreat May 3-5, 2013

Topic

Selected verses from ancient yogic scripture: *Shiva Samhita*



(Swami Atmavidyananda and Yogacharya Durga Chunduri)

Dear Divine Soul,

We welcome you to join Swami Atmavidyananda Giri and Yogacharya Durga Chunduri for an inspirational three-day retreat at Kriya Vedanta Gurukulam, Joliet, Illinois. The retreat is an opportunity to deepen meditation practice, receive spiritual teachings, gain insights into the deeper wisdom hidden in scriptures, and experience the divinity within.

Time: Retreat begins 9:00 am on Friday, May 3rd and concludes at 1:30 pm on Sunday, May 5th.

Fee: \$40 each for Friday and Saturday, \$20 for Sunday.

Accommodation: Some local disciples can accommodate out of station visitors. Please contact us to arrange this. Out of station visitors can also stay at nearby hotels (a list is provided in the website).

Shiva Samhita

Shiva Samhita is an ancient scripture on Yoga and Meditation. It is considered as one of the major classical treatise on Yoga philosophy. The book is a dialogue between Lord Shiva and divine mother Parvati on Meditation, Yoga, benefits of Yoga, and finer aspects of spiritual practice.

Swamiji will discuss selected verses from Shiva Samhita with respect to Kriya Yoga techniques.

All are welcome to attend this spiritual program. General meditation will be conducted for attendees not initiated to Kriya Yoga.



Registration Form
(Midwest Retreat, May 3rd to May 5th, 2013)
(Please send one copy for family)

The three-day Retreat will begin at 9:00am on May 3rd and conclude on May 5th at 1:30 pm

Please fill out the form below (check all boxes that apply) and return the entire page with your payment.

Name(s): _____ **Gender:** _____

Street Address: _____

City: _____ **State:** _____ **Zip:** _____

Email Address: _____

Tel(Home): _____

Tel(Cell): _____

Tel(Work): _____

Fax Number: _____

(Fill below If applicable)

Initiated into Paramahansa Hariharananda's lineage-date: _____

Initiated by: _____

I would like to register for the Midwest Retreat in Kriya Vedanta Gurukulam (May 3rd to May 5th 2013).

Enclosed is a check/money order for \$40.00 per day (\$20 for Sunday). **Check payable to the Kriya Vedanta Gurukulam**. I will participate on the following days (Please circle or check box):

Friday(\$40) Saturday(\$40) Sunday(\$20)

My dates of attendance will be: _____ **to** _____ **2013.**

Please mail this form to:

Kriya Vedanta Gurukulam
(Midwest Retreat 2013)
3400 Earl Drive,
Joliet, IL- 60431.

Registrant's Signature: _____ **Date:** _____

I will abide by the code of conduct at the Retreat and will not hold Kriya Vedanta Gurukulam, liable for any injuries, illness, or losses that may be sustained from stolen property that occurs during my Retreat attendance.



Retreat Schedule

Thursday, 2 nd May		Friday, 3 rd May	
Kriya Yoga Initiation		9:00am	Registration
9:00 am	Kriya Yoga Initiation	9:45 - 10:45am	Class
12:30 pm	Lunch	11 - 12:15pm	Guided Meditation
2:30 pm	Technique teaching, Guided Meditation	12:30pm	Lunch
5 pm	Vespers/Arati	2:45 - 3:45pm	Gita Video of Baba
		4:15-5:15pm	Class
		5:30-7 pm	Guided Meditation
		7:30pm	Dinner
Saturday, 4 th May		Sunday, 5 th May	
6:30 - 8am	Guided Meditation	6:30 - 8am	Guided Meditation
8:15 - 9:15am	Breakfast	8:15 - 9:15am	Breakfast
9:30 - 10:30am	Class	9:30 - 10:30am	Class
10:45 - 12:15pm	Guided Meditation	10:45 - 12:15pm	Guided Meditation
12:30pm	Lunch	12:15pm	Closing ceremony
2:45 - 3:45pm	Gita Video of Baba	12:30pm	Lunch
4:15-5:15pm	Q&A and class		
5:30-7 pm	Guided Meditation		
7:30pm	Dinner		

*General Meditation will be conducted for attendees not initiated to Kriya yoga.