

Registration Form – West Coast Retreat August, 2014

Contact Shree: (661) 808-3291; bakersfieldkriya@gmail.com

Retreat location photos: <http://www.aldersgateretreat.org/>

Full Name:

Address:

Home Phone:

Work/Cell Phone:

Email Address:

Sex: Male Female (circle one)

Initiated into Paramahansa Hariharananda's lineage on:

By:

Date:

Please register me (please check applicable options):

Reserve a room at the retreat for me (\$350.00). (Discounted to \$325.00 if full payment by 06/30/2014)

Reserve a Single- room **if available** for me (\$425.00). (Discounted to \$400.00 if full payment by 06/30/2014)

I wish to be added to the list of Commuters

\$100.00/day \$50.00/half-day

Number of Days attending as commuter (Circle one): 1day 2days 3days

Please Check an option:

I am a quiet sleeper I snore I don't know

I have special dietary/physical needs – Please describe below.

Enclosed is a non-refundable \$50.00 deposit. I understand that full payment is due prior to retreat.

Enclosed is full payment of \$ _____

Enclosed is General Donation \$ _____

I request information on transportation assistance at the Phone/Email ID - _____

I will arrive at the LA Airport _____

I am driving. I am willing to carpool

Arrival and Departure Details:

Comments:

Make Checks Payable to: Kriya Yoga Institute

Mail to: West Coast Kriya Retreat 2014, 10311 Cape Hatteras Dr, Bakersfield, CA 93314

Signature: _____ Date: _____

West Coast Kriya Yoga Retreat - 2014
with
Swami Atmavidyanandagiri & Yogacharaya Richard Peterson
at Aldersgate Retreat Center, Pacific Palisades, CA
August 1st – 3rd, 2014

It has been 40 years since our beloved Gurudev has come to the west to lead us all in the path of God-Realization. On this happy and significant occasion, Southern California Kriya Center lovingly invites you all to a Retreat themed around Gurudev and the spiritual importance of worshipping Guru's Sandals expounded through Guru Paduka Stotram. Adding to the joy is an exploring journey to the 3 main Pilgrimage sites of Paramahansa Yogananda in the Los Angeles area. We lovingly invite you to reserve a weekend to spend this time in silence and meditation with advanced teachers of Kriya Yoga, investing in your personal spiritual development. Gurudev always says, "*Practice, Practice, Practice. Practice makes you perfect*".

Retreat Logistics Information

Program Package

- I would like to register for the full 3-day Retreat (Aug 1 - 3, 2014) with on-site stay. I am sending a check / money order for registration (\$325.00 if registered before June 30, 2014, otherwise \$350.00 - includes Vegetarian meals, accommodation, and program.)

- I would like to register for the following days. I will be staying off-site. I am sending a check / money order for registration (\$100 per day - includes 2 meals and all programs in a day; \$50 per half-day - includes 1 meal and half a day program).

I will attend on (please check days):

- Friday Saturday Sunday

Accommodations

- Lodging is in comfortable shared rooms with a shared bath.
- Only 3 Single rooms available on site. Assigned on first come first serve basis only. \$75.00 extra charge will be applicable
- Seven vegetarian meals will be served beginning with lunch on Friday and ending with lunch on Sunday.
- A \$50 deposit will hold your place until the July 15th deadline. All registrations are on a first-come basis. **There is space for daytime commuters at \$100/day or \$50.00/half-day with or without prior registration.** **Contact:** Shree: (661) 808-3291; bakersfieldkriya@gmail.com for further information.

Registration and Check in

Check in begins on Friday at 9:00 AM and the retreat starts at 9:30 AM. We encourage participants to arrive on or little before time so we can begin the retreat together. We will check out of Aldersgate Retreat Center at 3:00 PM on Sunday to close the retreat. The retreat is open to all Kriyavans who have been initiated under the lineage of Paramahansa Hariharananda Giri or Paramahansa Prajnanananda Giri and his authorized representatives only. **There will not be 1st or 2nd Kriya initiations at the retreat.**

Important Information and Guidelines

Since the retreat commences from 10:00 AM Friday until Sunday after lunch.

- Partial attendance or late check-in only with prior arrangements with the organizer.
- The non-refundable \$50.00 deposit does not hold your place after the deadline.
- If necessary for medical reasons, you may request special food items, but please let us know ahead.
- You may be called upon to help with seva activities if needed. Volunteers are needed to help prepare the rooms by making beds on Friday morning.
- If you have mobility issues regarding walking, please let us know in advance so we can place you in an appropriate lodging.
- Please bring your own meditation pillow and blanket for meditation, and a clock or watch for your own convenience. There are stores in the neighborhood too.

DIRECTIONS TO ALDERSGATE RETREAT CENTER

Aldersgate is located in Pacific Palisades, California, Between Santa Monica and Malibu. For Google Maps use the address:

Aldersgate Retreat & Cultural Center
925 Haverford Ave
Pacific Palisades, California 90272
Office (310) 454-6699 - fax 310-459-9934
www.aldersgateretreat.org

Directions traveling from the south or west:

- Take the 405 freeway north to the 10 freeway west
- 10 west to Hwy 1 (Pacific Coast Hwy) north
- Turn right on Temescal Canyon Road
- Turn right on Haverford Ave. (just before Sunset Blvd.)
- It's the second building on your right: 925 Haverford Ave.

Directions traveling from the north:

- Take the 405 freeway south
- Sunset Blvd exit
- Turn left once you exit the freeway on Church Lane (very small street) then right on Sunset Blvd
- Go approximately 6 miles to Pacific Palisades.
- Turn left on Via de la Paz (look for the Union 76 gas station)
- Turn right on Antioch.
- Turn right on Haverford Ave.
- It's the second building on your left

Suggested Guidelines for a Blissful Retreat

Discipline and Practice: A Kriyavan coming to the retreat should practice the techniques diligently and carry the momentum into the retreat. Regular, sincere practice will result in a greater benefit from the retreat, and in this case, the participant will gain much. Active participation in group meditation at the nearest Center is strongly recommended as it will help to reinvigorate our own practice and helps the group around us.

Acceptance of the Teachings: Confidence in the teacher and technique is very essential for a spiritual seeker's proper guidance. For the period of the retreat, and also for a faster advancement in spiritual participant must surrender completely to the teachings and techniques of Kriya Yoga.

Physical Contact: All persons are expected to follow Ashram disciplines. Refrain from outward displays of affection and maintain focus on deepening the spiritual practice.

Clothing: During the retreat, there should be modesty and decorum in dress suited to the nature of the activity. Loose, comfortable clothing is recommended for mediation and nature walks. The body should be decently covered, even in warm weather. **Sleeveless shirts, shorts, transparent, and revealing attire is not allowed. Jeans are discouraged because they prevent postural flexibility.** Walking or hiking shoes and socks are recommended.

It is highly recommended to avoid usage of strong perfumes.

Reading and Writing: Kriyavans are encouraged to mentally grasp the teachings from the discourses and imbibe the impact of them. Books or reading materials should be put away during retreat. But it is recommended to take notes of the teachings for our own later use.

Outside Contacts: Participants should remain on the property for the entire retreat. Usage of Electronic devices and contact with outside people should be suspended except for emergencies.

Food: A simple vegetarian diet will be provided. Special requirements due to health problems (e.g., diabetes) should be brought to the attention of event organizer prior to the retreat.

Valuables: Please do not bring expensive jewelry or valuables. The organizer/Center do not take responsibility for loss of such items.

Shopping: We are in a neighborhood with shops for essentials if necessary. Kriyavans are asked to bring all their requirements such as toothpaste, flashlight, insect repellent, etc. Bedding and linens and towels are provided.

Intoxicants, Drugs and Smoking: Bringing any type of intoxicant or drugs is strictly forbidden. Smoking and chewing tobacco are not allowed at the retreat. Prescription medications, generic over-the-counter medications, herbs, tonics, or supplements are allowed.

Tape Recorders, Cameras, and Camcorders: No taping of the retreat is allowed. Cameras may be used to take photographs at specific assigned times, only with permission from the retreat organizer.