

Program Schedule
East Coast Regional Retreat
Rochester, New York
August 28 – 30, 2015

Friday

10:30 a.m. Registration (continues to 2:30 pm - for those that must travel long distances)
11:00 a.m. Meditation for early arrivals
12:30 p.m. Lunch
2:30 p.m. Opening Ceremony, Class / Divine Talk
4:30 p.m. Break & Walk
5:30 p.m. Meditation (1st & 2nd)
7:30 p.m. Dinner
9:00 p.m. Silent Meditation and Prayer (optional)
9:30:p.m. Retire / Noble Silence (**Beginning of Silence**)

Saturday – In Silence

5:30 a.m. Silent Walk (optional)
6:00 a.m. Meditation
7:30 a.m. Breakfast
8:30 a.m. Walk, Reflect or Rest
9:00 a.m. Class / Divine Talk
10:15 a.m. Break
10:30 a.m. Meditation (1st & 2nd)
12:30 p.m. Lunch
1:30 p.m. Rest / Reflection
3:30 p.m. Class / Q & A
5:15 p.m. Break
5:30 p.m. Meditation (1st & 2nd)
7:30 p.m. Dinner
9:00 p.m. Silent Meditation and Prayer (optional)
9:30:p.m. Retire / Noble Silence

Sunday

5:30 a.m. Silent Walk (optional)
6:00 a.m. Meditation
7:30 a.m. Breakfast (**End of Silence**)
8:30 a.m. Walk, Reflect or Rest
9:00 a.m. Class / Divine Talk (Photo Opportunity)
10:15 a.m. Break
10:30 a.m. Meditation (1st & 2nd)
12:30 p.m. Lunch
2:00 p.m. Closing Remarks, Closing Prayers
3:00 p.m. Program Finishes



Karma Yoga within Kriya Yoga



Avoidance of quiet has become endemic to a whole way of life for people who pride themselves on keeping busy. Silence needs to be regulated into one's life and to flow like a secret river between one's soul and the outer expression of that soul. Being outwardly silent helps us to bring our attention inward; from there we can begin to control the noise of the mind and to explore the depths of who we really are.

Saturday – Observe a Day of Silence – all day Friday and again on Sunday, enjoy the company of fellow Kriyavans sharing conversation and experiences, learning and exploring the spiritual journey that is life, catching-up with old friends and making new friends. However, from 9:30 pm Friday night until breakfast on Sunday morning we will observe silence; providing each of us an opportunity to go within and to deepen our relationship with God.

The theme of this retreat will be *Karma Yoga within Kriya Yoga*. Gurudev, Paramahansa Hariharananda said,

“*Karma yoga* means the practice of detachment in all actions. Unselfishness produces detachment and indifference to the results of actions. It is the main teaching of the Gita. *Karma yoga* means union with God through selfless actions. Human life is very precious and its goal is Self-realization. For the person of action, *karma yoga* shows how to perform actions so that Self-realization can be attained. Every act is spiritual, if the motive is pure. Work is worship. Service to humanity without egoism or expectation of any return is *karma yoga*. *Kriya yoga* aids in the development of this attitude. By the practice of kriya, a person gains divine experience and perceives that, though he is acting, it is God who is the sole doer.”

Retreat Logistics

- For those that need a ride from the Rochester Airport, Train Station, or Bus Terminal give us your arrival information and we will do our best to meet you.
- The Notre Dame Retreat House is located at:
5151 Foster Road
Canandaigua, NY 14424

Mapquest link: [Notre Dame Retreat House](#)

Directions to Notre Dame Retreat House

FROM ROCHESTER / BUFFALO or AUBURN / SYRACUSE AREAS:

Take the New York State Thruway to Canandaigua Exit 44. Upon going through the tollbooth, you will be on Rte. 332. Stay on Rte. 332 into the city of Canandaigua. Rte. 332 becomes Main Street. Stay on Main Street until you reach the intersection of Rtes. 5 & 20. Turn right onto Rtes. 5 & 20 and go to the first traffic light. At the traffic light, turn left onto Middle Cheshire Road. Go about 4 miles to Foster Road. Turn left on Foster Road. Notre Dame is the first right on Foster Road.

ALTERNATE AUBURN / SYRACUSE ROUTE:

Take the New York State Thruway to Manchester Exit 43. From the tollbooth, turn right onto Rte. 21 N. Stay on Rte. 21 into the city of Canandaigua. Rte. 21 becomes Gibson St. Turn left onto Main Street. Follow Main Street until you reach the intersection of Rtes. 5 & 20. Turn right onto Rtes. 5 & 20 and go to the first traffic light. At the traffic light, turn left onto Middle Cheshire Road. Go about 4 miles to Foster Road. Turn left on Foster Road. Notre Dame is the first right on Foster Road.

FROM GENEVA:

Take Routes 5&20 to Canandaigua; go straight through the Main Street (Rte. 332) intersection, after passing the Rte. 332 intersection, go to the first traffic light on Rtes. 5&20. Turn left onto Middle Cheshire Road. Go about 4 miles to Foster Road. Turn left on Foster Road. Notre Dame is the first right on Foster Road.

FROM ITHACA AND POINTS S.E.:

Take Route 96 to Geneva and follow the Geneva directions above.

FROM CORNING AND HORNELL:

Travel the Southern Tier Expressway (Rte. 17) to Rte. 390. Travel north on Rte. 390 to Exit 2 (Cohocton). At Exit 2 turn onto the ramp towards Rte. 415 (Cohocton/Naples). Turn right onto Loon Lake Rd. CR 121. Turn right onto Rte. 415 (Maple Ave.). Turn left onto Rte. 371 (North Main St.). Continue to follow Rte. 371. Rte. 371 becomes Rte. 21 N. Turn right onto Wells Curtice Rd. Go about ¼ mile. Turn left onto Johnson Rd. Go to the end and turn left onto Middle Cheshire Rd. Go about ¼ mile to Foster Road. Turn right onto Foster Rd. Notre Dame is the first right on Foster Road.

FROM MT. MORRIS/GENESEO:

Take Rte. 390 N to Rtes. 5 & 20. Travel East. Turn right at the traffic light onto Middle Cheshire Rd. Go about 4 miles to Foster Road. Turn left onto Foster Road. Notre Dame is the first right on Foster Road.

Retreat Guidelines

- Registration for the retreat begins at 10:30 am on Friday (August 28th) with the opening ceremony and first class at 2:30 pm. Prior to the opening ceremony there will be a guided meditation and lunch. The retreat will continue until 3:00 pm on Sunday.
- The registration fee includes meals, program, and sleeping accommodations. It is encouraged for the benefit of your own spiritual experience to remain on the property for duration of the retreat. We understand that for some this may present difficulty; if you cannot participate for the full program, daytime participation is available for a reduced rate.
- Accommodations at the Notre Dame Retreat House overlooking Canandaigua Lake will be provided using both single and double rooms. Single rooms have a shared bathroom; double rooms include a private full bathroom. You may specify your preference on the registration form for a single or double and we will do our best to accommodate your needs. However rooms will be assigned based on availability. Bedding, towels and washcloths are provided.
- Do not record any of the Retreat proceedings. Cameras may be used during breaks but please do not use them during meditations, lectures, or other spiritual activities. Please bring pen and notebook if you want to make lecture notes.
- Vegetarian food will be provided for breakfast, lunch, and dinner.
- Wear loose, comfortable, and decent clothing avoiding shorts, and any other revealing attire. It would be a good idea to bring some warm clothing that you can wear if it becomes cool in the early morning and evening
- **Please bring your own meditation cushion and/or blankets.** While some cushions will be provided there will not be sufficient number for everyone.

Registration Form - East Coast Regional Retreat Rochester, New York - August 28 – 30th, 2015

Please join us for this special retreat with Yogacharyas Suresh Kodalikar, David Strassner and John Williams. Please make photocopies of this form for more than one registrant.

This 3-day retreat begins at 10:00 a.m. on Friday August 28th and concludes at 3:00 p.m. on Sunday August 30th. ** This retreat is open only to people who have been initiated into the lineage of Paramahansa Hariharananda and Prajnanananda. **

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Gender: Male Female (circle one)

E-mail Address: _____

Home Telephone: _____ Work or Mobile Telephone: _____

Emergency contact name and phone numbers: _____

Initiated into the lineage of Paramahansa Hariharananda and Prajnanananda:

date: _____ by: _____

_____ I am already initiated into 2nd Kriya:

date: _____ by: _____

Choose one of the three registration options below and pay the corresponding amount(s):

_____ Register me for the 2015 East Coast Retreat; August 28 – 30. I will be staying at the Notre Dame Retreat Center. I enclose \$275 before August 12th, 2015, or \$295 after August 12th, 2015. This price includes meals, program and lodging.

_____ I prefer a double (shared room with private bathroom)

Name of roommate (optional) _____

_____ I prefer a single (private room with shared bathroom)

_____ Register me for the 2015 East Coast Retreat. I will not be able to stay for the entire retreat, I enclose \$95 for each day that I will attend (price includes meals, program and lodging). I will participate the following days (please circle):

Friday

Saturday

Sunday

_____ I prefer a double (shared room with private bathroom)

Name of roommate (optional) _____

_____ I prefer a single (private room with shared bathroom)

____ I would like to register for specific retreat days as specified below. I enclose \$75.00 for each day that I will attend (price includes classes and meals only). I will participate the following days (please circle):

Friday

Saturday

Sunday

I will arrive on _____ at _____ am/pm and depart on _____ at _____ am/pm

I will perform the following services for the retreat (choose as many as you like; we'll inform the details):

- ____ Pick/drop out-of-state Kriyavans from/to the airport
- ____ Host out-of-state visitors before/after the retreat
- ____ Bring Flowers ____ Help in Registration or Book Sales
- ____ Help in Video / Audio Recording
- ____ Help in Setup
- ____ Help in Cleanup at end of Retreat

If using commercial transportation, please provide us with your arrival information so that we can arrange to meet you at the airport, train, or bus station: If arriving before August 28th or departing after August 30th we can also arrange sleeping accommodation at a local Kriyavans home.

I arrive: Date: _____ Time: _____ Airline/Train/Bus: _____ Flight No: _____
I depart: Date: _____ Time: _____ Airline/Train/Bus: _____ Flight No: _____

Registrant's Signature: _____ Date: _____

Please make your check payable to Kriya Yoga Institute, and mail or hand deliver this form with the check to: Karthi Sugunan, 115 Dunrovin Lane, Rochester NY 14618

For your convenience you may also pay by credit card:

- If electing this option, please note that the charge will appear on your credit-card statement as coming from One World Projects and not the Kriya Yoga Institute.

Type of Credit Card: Visa, Mastercard, Discover, American Express (Circle One)

Credit Card Number: _____

Expiration Date: _____ Security Code: _____

Name as it appears on the Card: _____

Billing Address for the Credit Card:

Please refer any questions to:

Karthi Sugunan @ 585-224-6230

Diane Musial @ 585-721-3043

Or send an email to info@rochester.kriya.org