

Registration Form – West Coast Silent Retreat - October 14-16, 2016

Yogacharyas David Stessner and Richard Peterson, and Swami Sahajananda

Contact: Lauren (707-971-0340) info@northern-ca.kriya.org
Retreat location website and photos: <http://lacasademaria.org/>

Full Name:

Address:

Home Phone:

Cell Phone: Text Phone:

Email Address:

Sex: Male Female (Check one)

Initiated into Paramahansa Hariharananda's lineage on:

By: Date:

Please register me (please check applicable options):

- Reserve a triple room for me (\$375.00). (Discounted to \$350.00 if full payment by 9/15/2016)
 Reserve a double room for me (\$425.00). (Discounted to \$400.00 if full payment by 9/15/2016)
 Reserve a single room for me (\$575.00). (Discounted to \$550.00 if full payment by 9/15/2016)
 I wish to be added to the list of Commuters - \$55 per day plus meals - @ average \$15/ meal

Number of Days attending as commuter (Circle one): Day 1(Fri) Day 2 (Sat) Day 3 (Sun)

Meals: Fri (Lunch/Dinner) Sat (Br/Lunch/Dinner) Sun (Br)

Please Check an option:

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

I have special dietary/physical needs – Please describe.

Enclosed is a non-refundable \$50.00 deposit. I understand that full payment is due October 1.

Enclosed is full payment of \$ Enclosed is General Donation \$

I am driving. I am willing to carpool

Arrival and Departure Details:

Make Checks Payable to: Kriya Yoga Institute

Mail check and registration to: Lauren Darges, PO Box 1007, Sebastopol, CA 95473

Signature: _____ Date: _____

West Coast Silent Retreat - October 14-16, 2016

With Yogacharayas Richard Peterson and David Stessner and Swami Sahajananda

We are once again returning to La Casa de Maria, a beautiful retreat center in the Santa Barbara foothills to learn and grow through Kriya Yoga Meditation practice. La Casa is a sacred site tucked in the mountains, a sheltered bowl of oaks and boulders. Gurudev always says, *"Practice, Practice, Practice. Practice makes you perfect"*.

Retreat Logistics Information

Accommodations

- Lodging is in comfortable shared rooms with a shared bath.
- We have a limited number of rooms, and have doubles and triples available. Mark your registration if you are interested in a single room if we can make a single available for an additional fee.
- 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 October 1 payment deadline. All registrations are on a first-come basis. **There is space for daytime commuters with prior registration. Meals must be reserved in advance by the October 1 registration deadline.**

Registration and Check in

Check in begins on Friday at 9:00 AM and the retreat starts at 10:00 AM. We encourage participants to **arrive on or little before time so we can begin the retreat together. We will close the retreat and check out of La Casa Retreat Center at 2:00 PM** on Sunday. Box lunches will be available on Sunday for an extra charge.

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

The retreat commences at 10:00 AM Friday and completes Sunday after lunch.

- This will be a silent retreat. Silence during the retreat and respectful quiet is expected.
- Partial attendance or late check-in only with prior arrangements with the organizer.
- The non-refundable \$50.00 deposit holds your place until the October 1 payment 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 if needed.
- Bring a flashlight.

DIRECTIONS TO LA CASA DE MARIA

La Casa de Maria
800 El Bosque Road
Santa Barbara, CA 93108
805-969-5031

La Casa de Maria is located in the small town of Montecito on the southern edge of Santa Barbara. It is 2 miles from U.S. Highway 101, approximately 90 miles north of Los Angeles and 90 miles south of San Luis Obispo. **By Car:**

Take US HWY 101 to the San Ysidro Road (Exit # 93) in Montecito. Go a mile up San Ysidro Road (toward the mountains) to the second signal light at East Valley Road (Hwy. 192). Turn right. Proceed about 2/10 of a mile to El Bosque Road on your left. Turn left and follow El Bosque Rd. which ends at the entrance to La Casa de Maria. There are signs just inside the main entrance that direct you to the Registration Office (to the right) and to Casa San Ysidro dorm (to the left).

By Plane:

Santa Barbara Airport (SBA) is about 15 miles from La Casa. At present (2014) taxi and shuttle fares range from \$34 to \$56 one way to La Casa, if reservations are made in advance. **Los Angeles International Airport (LAX)** is 100 miles from La Casa. Guests who fly into LAX can take a commuter flight to SBA, rent a car or use the Santa Barbara Airbus (805-964-7759) www.santabarbaraairbus.com. The airbus stops at the Santa Barbara Hyatt Hotel. Prepaid airbus fares are discounted. Prepaid (24 hr+ advance notice) fare LAX to Hyatt Hotel. A taxi can bring you the 4 [] miles to La Casa for \$10 – \$16, depending on taxi cab company.

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 meditation 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. **The weather may be chilly so bring appropriate sweaters, blankets, and socks for comfort.**

Please do not use strong perfumes or scents.

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.