

MOUNTAIN
RE

RETREAT



Friday March 23 – Sunday March 25, 2018

“Recognizing Silence as our Treasured Friend”

With teachings given by Swami Purnatmananda, Yogacharaya Srinidhi Baba,
and Brahmachari Dhyanananda

Friday March 23

5:30 am – 7.00 am Meditation
7:30 – 8.30 am Breakfast & Cleanup Seva
9:00 – 10.00 am Class –
10.30 – 12.00 Meditation
12:15 – 2.00 pm Vegetarian Lunch & Cleanup Seva
2:00 – 3.00 pm Self-Study & Contemplation /Book Sales
3.15 – 4.15 pm Q & A /discussion
5:15 – 6.15 pm Class –
6:30 – 7.30 pm Meditation
8.00 – 9.00 pm Vegetarian Dinner & Cleanup Retire



Saturday, March 25

5:30 am – 7.00 am Meditation
7:30 – 8.30 am Breakfast & Cleanup Seva
9:00 – 10.00 am Class –
10.30 – 12.00 Meditation
12:15 – 2.00 pm Vegetarian Lunch & Cleanup Seva
2:00 – 3.00 pm Self Study & Contemplation/Book Sales
3.15 – 4.15 pm Devotional Singing/Music
5:15 – 6.15 pm Class –
6:30 – 7.30 pm Meditation
8.00 – 9.00 pm Vegetarian Dinner & Cleanup Retire

Silence
isn't empty.
It's full
of answers.

Sunday, March 26

5:30 am – 7.00 am Meditation
7:30 – 8.30 am Breakfast & Cleanup Seva
9:00 – 10.00 am Class –
10.30 – 12.00 Meditation
12:15 – 2.00 pm Vegetarian Lunch & Cleanup Seva
2:00 – 3.00 pm Q & A /discussion
3.15 – 4.15 pm Class
4:30 – 5:30 pm Meditation and close

BLISS OF SILENCE
Expand your consciousness reveal your true identity

YOU ARE WELCOME TO BRING THESE ITEMS WITH YOU TO THE RETREAT:
* Water Bottle with a lid * Blankets for resting on * Paper for note taking

Please kindly wear comfortable and modestly appropriate attire
TO REGISTER – VISIT: www.templeofpeace.co CALL: 303-923-8895
FOR INFORMATION - CONTACT: info@denver.kriya.org or 303-923-8895
5925 W. 1st Avenue Lakewood, CO 80226

This retreat is open only to people who have been initiated into Kriya Yoga International