

## Yoga & meditation

### **Retreat of Silence at Babaji's Kriya Yoga Ashram of Saint-Étienne de Bolton, Quebec from December 26 to 31, 2018**

Dear student of Kriya Yoga,

Om Kriya Babaji Nama Aum

You are invited to attend a Silence Retreat at the Babaji Kriya Yoga Ashram in Saint-Étienne de Bolton, starting December 26 at 7 pm to December 31, 2018 at 9 am. People who can not stay 5 days can participate in a minimum of two days and two nights at any time during these dates. Participants wishing to stay longer are welcome.



## DAILY PROGRAM

6:30 to 8:30 am: Group practice of pranayama and meditation.

10 am to 11 am: Lunch

3:30 pm to 5 pm: Hatha Yoga Posture Course, with Yoga Nidra. Deepen your practice with Acharya Amman

5 pm to 6 pm: Group practice of pranayamas and meditation.

6 pm: Dinner

7 pm: Inspiring Lecture given by Acharya Amman on a theme related to the practice of silence, self-realization, renewal of intentions (Sankalpa) during Yoga Nidra and the development of continual awareness as well as training on methods to deepen your experience.

Outside these periods, participants will have **free time to** develop their sadhana, study, meditation journal. They will have access to all the amenities of the Ashram including Kutir Tapas near the lake. **Please bring your cross-country skis and snowshoes!**

**Cost of the retreat in silence**, including accommodation and meals: a suggested contribution of only \$ 115 + taxes per day, with a minimum of two days and two nights participation required.



RSVP. Please confirm the approximate date and time of your arrival in addition to sending us a deposit of \$ 75 payable by check to "Éditions du Kriya Yoga" which you will send to the following address: CP 90, Eastman, Quebec J0E 1P0. Or give us permission to use your credit card either by calling 1 888 252 9642 or on our website under Enroll in Activity:

<http://www.babajiskriyayoga.net/english/kriya-yoga-enrollment.htm>

**If you need assistance with local transportation, please let us know.**

May your way be illuminated

Mr. G Satchidananda

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Registration form for the Silence Retreat

Name: \_\_\_\_\_  
\_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal code: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Deposit: \_\_\_\_\_

Date & time of arrival \_\_\_\_\_

Date & time of departure \_\_\_\_\_

Need transportation: \_\_\_\_\_