

Registration Form – West Coast Silent Retreat

Lucy O'Brien: lucella@earthlink.net or 805-962-9092

Site Photos: <http://www.aldersgateretreat.org/>

Full Name: _____

Address: _____

Home Phone: _____

Work/Cell Phone: _____

Email Address: _____

Sex: M F (circle one)

Initiated into Paramahansa Hariharananda's lineage on:

By:

Date:

My preference for roommate: (Same sex unless married couples). _____

Please register me (please check your preference):

_____ Reserve a room at the retreat for me (\$325). \$25 Discount for full payment by 2/1/10.

_____ I am registered for the Higher Kriya Intensive in Miami after the retreat.

\$50 Discount for those confirmed at Higher Intensive retreat. (\$50 is max. discount).

_____ I wish to be added to the list of Commuters (\$75/day) if allowed.

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

_____ I have special dietary needs – Describe below.

_____ Enclosed is a \$50 deposit. I understand full payment is due prior to retreat.

_____ Enclosed is full payment of \$ _____

_____ Donation \$ _____

_____ I request information on transportation assistance

_____ 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 Center

Mail to: Santa Barbara Kriya Yoga Center

1019 E. Quinientos #6

Santa Barbara, CA 93103

Signature: _____

Date: _____

West Coast Kriya Yoga Silent Retreat
The Pilgrim's Journey
with Swami Atmavidyananda, Yogacharaya Richard Peterson
and Brahmachari Ritananda
at Aldersgate Retreat Center, Pacific Palisades, CA

March 5-7, 2010

Share a weekend practicing Kriya Yoga meditation while exploring the journey of the Pilgrim and visiting 3 main Pilgrimage sites of Paramahansa Yogananda in the Los Angeles area. We invite you to reserve a weekend to spend time in silence and meditation with advanced teachers of Kriya Yoga, investing in your personal spiritual development. Baba advised, *“Practice, Practice, Practice”*.

This is truly a rare opportunity to meditate on the West Coast with our three loving teachers. *“Opportunity must not be neglected, for it may never return.”* – Baba Hariharananda

Retreat Logistics Information

Cost and Accommodations:

Base price is \$325 (discounted to \$25 with full payment by February 1) and includes lodging for two nights and beautiful vegetarian meals. Lodging is in comfortable shared rooms with a shared bath. Single rooms will be available only if space allows. 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 February 15 deadline. All registrations are on a first-come basis. There is space for commuters at \$75 per day with prior registration. Contact: Lucy O'Brien at 805-962-9092 or lucella@earthlink.net for further information.

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 time so we can begin the retreat on together. We will check out of Aldersgate Retreat Center at 2:00 pm on Sunday and visit two pilgrimage sites of Paramahansa Yogananda in Pasadena/Glendale area and close the retreat at 5:00 pm.

The retreat is open to Kriyavans who have been initiated by Paramahansa Hariharananda or his authorized representatives. There will be no 1st Kriya initiation at the retreat, but 2nd Kriya may be available.

Important Information and Guidelines

Silence will be observed from 10:00 am Friday until Sunday after lunch.

Partial attendance or late check-in only with prior arrangement.

The non-refundable \$50 deposit does not hold your place after the deadline.

If necessary for medical reasons, you may request special food items.

You may be called upon to help with seva activities as 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.

Bring a meditation pillow and blanket for meditation, and a clock or watch. There are stores in the neighborhood.

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

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 will help to reinvigorate the practice and is strongly recommended.

Acceptance of the Teachings: Confidence in the teacher and technique is essential for the participant's proper guidance. For the period of the retreat, 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 are not allowed. Jeans are discouraged because they prevent postural flexibility. Walking or hiking shoes and socks are recommended.

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.

Outside Contacts: Participants should remain on the property for the entire retreat. Telephone calls, letters, and outside contacts 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 organizers prior to the retreat.

Valuables: Please do not bring expensive jewelry or valuables. The organizers 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 except by prior arrangement. Cameras may be used at specific assigned times, with permission.