

SYDNEY CENTRE OF  
Self-Realization Fellowship

*Silent Weekend Retreat*

Hartzer Park, Burradoo  
Friday to Monday

*Welcome!*

Devotees of Sydney Centre of SRF warmly welcome you to this silent weekend retreat. We wish you all a joyous weekend.

Our Guru, Paramahansa Yogananda  
(founder of Self-Realization Fellowship) said:

*"The Sustainer of this universe is knocking at the gates of your heart, trying to enter through the portals of silence and make within you a garden of happiness."*





## *Program of weekend activities*

### **Friday**

4–6 pm	Arrival
6:30 pm	Evening meal and free time
8:15–9 pm	Welcoming and group meditation
9–10 pm	Meditation room available for individual meditation

### **Saturday**

6 am	Meditation room available for individual meditation
7:30 am	Energization Exercises in courtyard
7:50 am	Group meditation
8:30 am	Breakfast and free time <i>(Reading, resting, walking, meditation)</i>
10:30 am	Morning tea
11–12 noon	Kirtan and group meditation
12:30 pm	Lunch followed by free time
3:30 pm	Energization Exercises in courtyard
3:50–5:50	Long meditation
6 pm	Evening meal and free time
7:30–9 pm	Audiovisual presentation and group meditation
9–10 pm	Meditation room available for individual meditation

### **Sunday**

6 am	Meditation room available for individual meditation
7:30 am	Energization Exercises in courtyard
7:50 am	Group meditation
8:30 am	Breakfast and free time
10:30 am	Morning tea
11–12 noon	Five-minute readings
12 noon	Group photo at front entrance <i>(for those departing after lunch)</i>
12:30 pm	Lunch followed by free time <i>(Departure for 2-day retreatants)</i>

# *Continued program for three-day retreatants*

## **Sunday**

3:30 pm	Energization Exercises in courtyard
3:50–5:50	Long meditation
6 pm	Evening meal and free time
7:45–9 pm	Audio presentation and group meditation
9–10 pm	Meditation room available for individual meditation

## **Monday**

6 am	Meditation room available for individual meditation
7:30 am	Energization Exercises in courtyard
7:50 am	Group meditation
8:30 am	Breakfast and free time
10:30 am	Morning tea
11:15 am	Story followed by group meditation
12:15 pm	Group photo in courtyard
12:30 pm	Lunch
1:30–4 pm	Free time/Departure

Many people may doubt that finding God is the purpose of life; but everyone can accept the idea that the purpose of life is to find happiness. I say that God is Happiness. He is Bliss. He is Love. He is Joy that will never go away from your soul.

So why shouldn't you try to acquire that Happiness? No one else can give it to you. You must continuously cultivate it yourself.

~ Paramahansa Yogananda

