

# Sydney Centre of SRF — Silent Weekend Retreat Information

Dear Retreatant, **Welcome to retreat!** We have some information to share with you.

**Rooms:** Due to smoke alarms, the nuns have asked us not to burn incense or candles. Please remember to take your linen to the laundry downstairs before you depart & leave your key in your door.

**Silence:** You are asked to maintain silence from the Friday evening welcome service. For those staying 3 days, Monday lunch is held in silence, but after lunch feel free to catch up with friends if you wish, remembering that many people like to leave in silence. Please turn off all electronic devices and limit phone use to emergencies only. A public phone is available. Chant leaders & kirtan members are rostered to use the harmonium room but others are asked not to play any instruments.

**Group Photo:** Group photo will be taken in meditation room after service Sunday 12pm

**Program:** Scheduled services ([see reverse](#)) begin at 7:30 am daily. You are encouraged to attend all group meetings in the meditation room—your punctuality is appreciated. The room is otherwise available for private meditation from 6 am to 10 pm. Outside these times, please meditate in your room to allow the meditation room to be set up. Please refrain from eating, drinking, reading, exercising in the meditation room.

**Meals:** You may use the breakfast room (downstairs) and the tea-making facilities there, at any time. Breakfast is scheduled for 8:30 am-9:15am. It is a help-yourself affair. **Please remember to vacate the breakfast room by 9:15am for cleaning.**

Please be prompt for lunch and dinner which are served at set times in the dining room one level above the breakfast room. **Lunch is at 12:30 pm, dinner at 6 pm** (6:30 pm on Friday). Please confine eating/drinking to the dining rooms or outside areas.

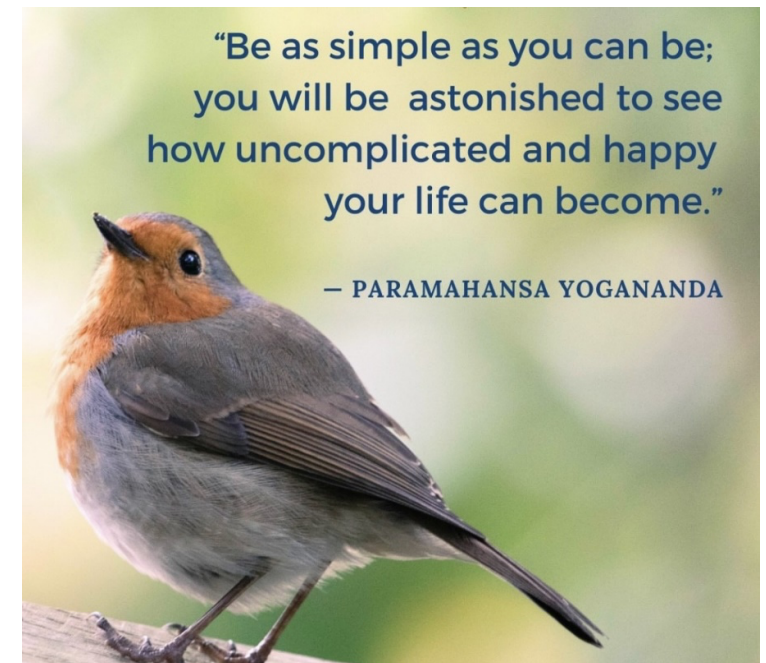
**Library:** A reading room with SRF publications is located next to the breakfast room.

**Security:** For security reasons, please do not use Hartzer Park front doors again until your departure. Please use back doors to exit & re-enter during the day & evening. Doors are locked at 9:30pm if you need to go out after this, please contact Susan (her room number will be on the white board near Meditation Room)

**After hours lighting (10pm):** Please help save electricity by turning off lights in both dining rooms, library & stairwell if you are the last person about. Thank you.

“The One Life that breathes into existence  
all temporal things, forming them  
out of His own one Being.  
is indestructible, everlasting.”

~ Paramahansa Yogananda



We wish you a relaxing, joyous, spiritually uplifting retreat.

In divine friendship from  
Sydney Centre Retreat Committee  
**JAI GURU**

# PROGRAM OF WEEKEND ACTIVITIES

## FRIDAY

6:30 pm	Evening meal & free time
8:15–9 pm	Welcoming & 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
8:30–9.15am	Breakfast & free time ( <b>pls vacate bf/room by 9:15am</b> )
10:30 am	Morning tea (self-service in breakfast room)
11–12:15	Kirtan & group meditation
12:30 pm	Lunch & free time
3:30 pm	Energization Exercises in courtyard
3:50–5:50pm	Long meditation
6 pm	Evening meal & free time
7:30–9 pm	Film screening & group meditation
9–10 pm	Meditation room available for individual meditation

## SUNDAY AM

6 am	Meditation room available for individual meditation
7:30 am	Energization Exercises in courtyard
7:50 am	Group meditation
8:30–9.15am	Breakfast & free time ( <b>pls vacate bf/room by 9:15am</b> )
10:30 am	Morning tea
11–12 noon	Readings service -followed by group photo, please stay seated (in silence) if you would like to be included
12:30 pm	Lunch & free time (2-day retreatants depart after lunch)

## CONTINUED PROGRAM FOR 3-DAY RETREATANTS

*Note for 2-day retreatants:* If you wish, you may stay until after the long meditation on Sunday afternoon. However, you still need to vacate your room after lunch and take your luggage to your car.

## SUNDAY PM

3:30 pm	Energization Exercises in courtyard
3:50–5:50pm	Long meditation
5:50 pm	Departure for any remaining 2-day retreatants
6 pm	Evening meal & free time
7:30–10 pm	Free time for self-study, reflection, meditation. Meditation room available for individual meditation

## MONDAY

6 am	Individual meditation
7:30 am	Energization Exercises
7:50 am	Group meditation
8:30–9:15 am	Breakfast & free time ( <b>pls vacate bf/room 9:15am</b> )
10:30 am	Morning tea
11 am	Story & meditation
12 noon	Pack-up
12:30 pm	Lunch
1–3 pm	Departure

**(Please turn over for further details)**

