

Spring Silent Retreat Schedule

Friday

4:00-6:00 pm Check-in, Free time
6:00-7:00 pm Dinner w/Conversation
7:30- 8:00 pm Welcome & Beginning Silence
& Video:
"Life of PY The Early Years"
8:15- 8:30 pm Led Energization Exercises
8:30- 9:30 pm Meditation

Saturday

7:30- 7:45 am Led energization exercises
7:45- 9:00 am Meditation
9:10 -10:15 am Continental breakfast & free time
10:15-11:45 am Video "Awake"
11:45 -12:00 pm Group photo by deck stairs
12:00-1:00 pm Lunch
1:00-3:30 pm Free time resting, reading,
studying, walking, meditating
3:30-5:45 pm Kirtan with meditation
6:00-7:00 pm Dinner
7:00-8:00 pm Free time resting, reading,
studying, walking, meditating
8:00-8:15 pm Led energization exercises
8:15-9:30 pm Meditation

Sunday

6:30- 6:45 am Led energization exercises
6:45- 7:50 am Meditation
7:55 am Announcement re: check-out
8:00- 9:00 am Breakfast (Silence ends, enjoy
your camaraderie.)
9:00 - 9:30 am Check-out/Free Time
9:30-10:15 am Meditation
10:15-10:20 am Summation
10:20-10:30 am Quick Break
10:30-11:30 am Public reading service
11:30-12:00 pm Break-down & Pack-up -
Volunteers Appreciated

Spring Silent Retreat Information

April 21-23, 2023

The Spring Silent Retreat will consist of meditations, chanting, SRF videos, audios and free time for reading, writing, resting, walking and hiking on the beautiful Heartland grounds.

This is a wonderful opportunity to take time from your busy schedule and devote yourself to your own Self-Realization with other truth seeking souls.

If you would like to join us for our Spring Silent Retreat, please complete the registration form and send in your payment by March 31st.

If you have any questions, please contact Kate Ehernberger at kehernberger@yahoo.com or Beth Hanna at beth.hanna1@gmail.com or speak to anyone on the Retreat Committee: Mary Anne, Sharon, Denise, Kate, or Beth. For questions regarding finding a room mate, please contact Kate Ehernberger at 816-562-0097.

In Divine Friendship,

*Kansas City Meditation Group of
Self-Realization Fellowship*

**Kansas City Meditation Group of
Self-Realization Fellowship**

**"Polestar
of My Life"**



**2023 SPRING SILENT RETREAT
APRIL 21-23**

**Kansas City Meditation Group of Self-Realization Fellowship
Spring Silent Retreat Registration Form**

Name _____
Address _____
City, St, Zip _____
Phone _____ Email _____
Emergency Contact Info _____
If you need help in finding a room-mate, please check here _____
I plan to room with: _____
If you have any special needs, please let us know _____

Paramahansa Yogananda

**“In your silence,
God’s silence ceases”**

Please complete the attached registration form. Additional forms are available in the Foyer. Payment should be made to KCMG by check or credit card on our website at the time of registration. You may drop the form & check in the Retreat box located in the foyer of the chapel or mail them to KCMG Spring Retreat, 10819 Wornall Rd., KCMO 64114 — on or before March 31st.

Thank you!

Lodging & Meal Information

The retreat will be held at Heartland Center located at 16965 NW 45 Hwy. (or MO 45), Parkville, Missouri.

Reservations for lodging and meals are made directly through the Kansas City Meditation Group.

Lodging & Meal Information (cont.)

Weekend Retreat Package includes a room for two nights and four vegetarian meals: Dinner on Friday, lunch and dinner on Saturday and breakfast on Sunday.

Continental breakfast items will be provided Saturday morning in the hall of Cray Lodge. There will be hard boiled eggs, pastries, fruit, nuts, yogurt, juice, coffee & tea.

All lodging will be in the Cray Lodge. Each room has two double beds with rollaway beds available.

The weekend retreat package includes lodging and meals of \$275.00 for a private room and \$170.00 per person for double occupancy.

Our meeting room will also be in the Cray Lodge. Activities will end around 9:30 pm on Friday and begin at 7:30 a.m. on Saturday and 6:30 am on Sunday.

We hope the energy created and the blessings each one will receive by our united efforts, as we actively deepen our relationship with God and Guru, will be tangibly felt by all.

Jai Guru! Jai Ma! Om Ma! Hari! Hari!

