

**LONDON CENTRE OF
SELF-REALIZATION FELLOWSHIP
*ONE DAY RETREAT***

PROGRAMME

10.00 am	Energization Exercises
10.20 am	Group Meditation
11.20 am	Free Time
11.50 am	Group Meditation
1.00 pm	Lunch and Free Time
2.00 pm	Video Recording
3.00 pm	Free Time
3.40 pm	Energization Exercises
4.00-5.30pm	Long Meditation
5.30pm	Tea and Cakes in Social Hall

“Meditation is the pickaxe that pries up all covers
of consciousness and brings forth the fountain of God’s joy”

“God First” by Paramahansa Yogananda’

All are welcome to this one-day retreat at
82A Chiltern Street, London W1

- ✓ This will be a silent retreat starting after the first service and ending after the final service at 5.30pm.
- ✓ If you can attend for only part of the day please come at 10.00am if you can.
- ✓ Please bring your own packed lunch as lunch is not provided.
- ✓ During the retreat it is helpful to stay within the peaceful vibrations of our Centre.
- ✓ You may wish to bring SRF reading matter to read during the free periods. There will be some books and magazines available for you to borrow during the retreat.
- ✓ At the end of the retreat, we will be having tea and cakes.
- ✓ If you would like more information or would like to bring a cake for tea, please contact:

Bharathy Prabakaran

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