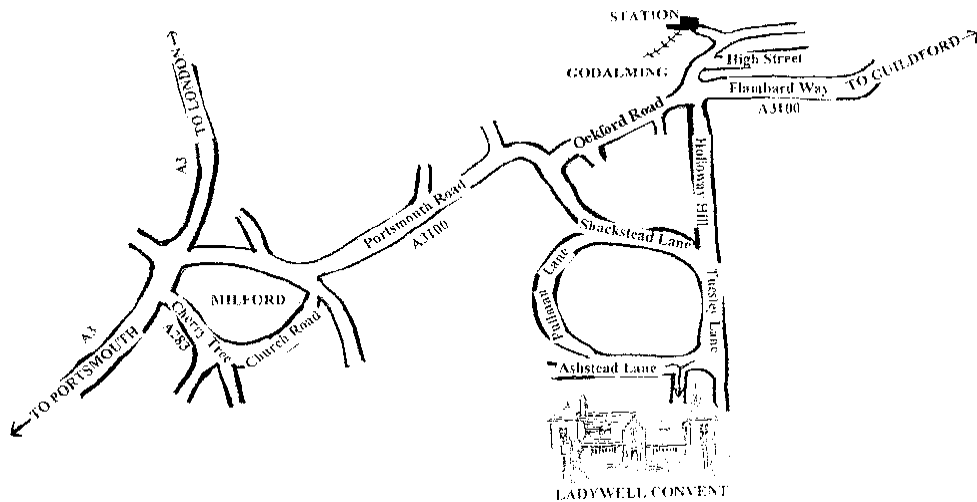


Directions to Ladywell Retreat Centre
Ladywell Convent, Ashstead Lane, Godalming,
Surrey GU7 1ST
Tel: 01483 419 269



By Train

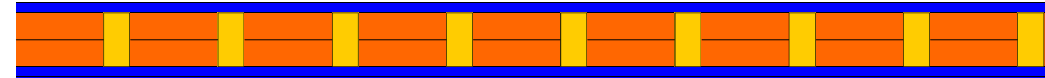
Waterloo / Portsmouth Line to Godalming. It's a short taxi ride from the station.

By Coach

National Express Portsmouth line to Park Barn, Guildford

By Road

Leave A3 London / Portsmouth road at Milford Junction (A283) and take the A3100 to Godalming.



WEEKEND RETREAT

Ladywell Retreat Centre, Godalming, Surrey GU7 1ST



LONDON CENTRE OF
SELF-REALIZATION FELLOWSHIP



PROGRAMME

FRIDAY

| | |
|-------------|---------------|
| 6.30 pm | <i>Dinner</i> |
| | Free Time |
| 8.15 - 9.30 | MEDITATION |

SATURDAY

| | |
|--------------|-------------------------------|
| 7.00 am | Energization Exercises |
| 7.20 - 8.20 | MEDITATION |
| 8.30 | <i>Breakfast</i> |
| | Free time |
| 9.45 - 10.45 | PRIVATE MEDITATION (optional) |
| 11.00-12.20 | READINGS SERVICE |
| 12.30 pm | <i>Lunch</i> |
| | Free time |
| 2.30 - 3.30 | PRIVATE MEDITATION (optional) |
| | Free time |
| 4.00 | Energization Exercises |
| 4.20 - 5.50 | MEDITATION |
| 6.00 | <i>Dinner</i> |
| | Free time |
| 7.15 | DVD (optional) |
| 8.30 - 9.30 | MEDITATION |
| 9.30 | <i>Refreshments</i> |

SUNDAY

| | |
|--------------|--|
| 7.00 am | Energization Exercises |
| 7.20 - 8.20 | MEDITATION |
| 8.30 | <i>Breakfast</i> |
| | Free time |
| 9.30 - 12.20 | LONG MEDITATION |
| 12.30 pm | <i>Lunch</i> |
| | Rooms are available until after lunch. |
| | Departures by 2.30pm |

Tea, coffee and biscuits are available at all times in the kitchenettes on the first and second floors, where there are also small fridges for personal use.

GENERAL INFORMATION

- The Ladywell Retreat Centre has lovely extensive, well kept gardens and is surrounded by beautiful, peaceful countryside. There are plenty of good walks within the grounds as well as the surrounding countryside. There are lovely countryside views from each room and quiet places for prayer both inside and out.
- The telephone number for emergencies is 01483 419 269.
- The weekend will be in silence from the first meditation on Friday until the last on Sunday. You will find ample opportunities for meditation, relaxation, exercise and study of Paramahansa Yogananda's writings and we hope that you will enjoy your period of retreat.
- An invaluable booklet from the SRF Mother Center, "God First: A Retreatant's Pocket Companion", will be available at the free literature table, where there will also be other SRF publications that you may wish to borrow. Please refrain from reading secular literature, newspapers, etc. during the retreat.
- Meals are vegetarian and self-service. There is adequate provision for those on a dairy or wheat free diet. Plenty of vegetables, salads, nuts and fruit are available.
- **PLEASE BRING SOAP AND SOFT SHOES FOR INDOORS.**

BOOKING

- We welcome those of you who would like to come to this retreat. We would ask you to book early by returning the enclosed booking slip and sending your full payment. Please make your cheque payable to "London Centre of SRF-UK". Your booking will be acknowledged. Your cheque will not be paid in until after the booking deadline, so if you are unable to attend, your cheque can be cancelled up to that date. If you have to cancel after that we can only refund you if the retreat house does not charge us or if we can fill your place.
 - Please plan to arrive after 4.00pm. We would be grateful for any help with setting up the meditation room.
 - Funds are available to help anyone who is unable to pay the full booking fee; please ask if you need to know more. Or if you should wish to make a contribution to the fund, this also would be deeply appreciated.
 - For general enquiries about the retreat please contact Theresiu Janicki-Hardy on 023 92 631 019 or e-mail theresiu@homecall.co.uk
For enquiries about booking and cancellations call Lesley Maybee on 01252 547 120 or e-mail lesley@fastnet2.force9.co.uk
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BOOKING FORM

**London Centre Weekend Retreat
Ladywell Retreat Centre
9th–11th April 2010**

Send no later than **Friday 19th March 2010** to: Mrs. Lesley Maybee, 3, Station View, Frimley Road, Ash Vale, Aldershot. GU12 5NR Tel: 01252 547120.
Email: lesley@fastnet2.force9.co.uk

| Number of Places | Type of Room Requested | Cost Per Person |
|------------------|------------------------|-----------------|
| | | £122.00 |

PLEASE COMPLETE THE BOXES BELOW AS APPROPRIATE:

- I SHALL REQUIRE DINNER ON FRIDAY 6.30 PM
- I CAN SHARE A ROOM (IF NECESSARY)
- I WOULD NOT LIKE TO SHARE A ROOM
- I AM ABLE TO GIVE SOMEONE A LIFT

I enclose £.....in payment for this reservation.

Cheques should be made payable to "London Centre of SRF-UK".
If you wish to make a contribution to the London Retreat Bursary Fund please indicate this clearly.

PLEASE BE SURE TO COMPLETE YOUR CONTACT DETAILS BELOW, INCLUDING AN E-MAIL ADDRESS WHEREVER POSSIBLE:

NAMES (Please Print).....

TEL:

E-MAIL:

ADDRESS:

IMPORTANT INFORMATION:
-PLEASE BRING SOAP, TOWELS AND SOFT SHOES FOR INDOORS.