

SELF-REALIZATION FELLOWSHIP
SOUTHWEST REGIONAL RETREAT
WEEKEND SCHEDULE
April 5-7, 2024

Friday

3:00 pm	Arrivals and room check-in (RRC Office)
5:00 pm	Commuters arrive (check in outside Petroglyph Room)
5:00 pm	Kirtan by the Tucson kirtan group in the Petroglyph Room until 6:00
6:00 pm	Supper
7:00 pm	Retreat welcome with meditation (Petroglyph Room)
8:00 pm	Fellowship (Dining Room)

Silence Begins

Saturday

6:00 am	Rise and free time for private meditation, study and walks
7:30 am	Commuters arrive (check in outside Petroglyph Room)
8:00 am	Breakfast (light)
8:40 am	Energization Exercises (upper South Parking Lot)
9:00 am	Long meditation (Petroglyph Room)
11:50 am	Meditation ends
12:00 pm	Lunch and free time
2:00 pm	Inspirational Talk by our Minister (Petroglyph Room)
3:00 pm	Free time
4:40 pm	Energization Exercises (upper South Parking Lot)
5:00 pm	Meditation (Petroglyph Room)
6:00 pm	Supper
7:00 pm	Inspirational video "Return to India 1935-1936" (Petroglyph Room)

Sunday

6:00 am	Rise and private meditation
7:00 am	Commuters arrive
7:00 am	Energization Exercises (parking lot) and meditation (Petroglyph Room)
8:00 am	Breakfast and free time
9:20 am	Satsanga (Petroglyph Room)
10:45 am	Room check-out and free time for private meditation, study, and walks
11:15 am	Closing with group photo

Silence Ends

12:00 pm	Lunch
1:00 pm	End of Retreat

REGIONAL RETREAT PROGRAM

On April 5-7, 2024, the Phoenix Temple ministers will conduct a Southwest Regional Retreat on the teachings of Paramahansa Yogananda. The Retreat will focus on the application of Self-Realization Fellowship techniques and teachings for recharging ourselves physically, mentally and spiritually. Group Energization Exercises, meditation, satsanga, spiritual study, private reflection and silence are all important parts of the weekend retreat program.

"You may be surprised at what seclusion with God will do for your mind, body and soul. Through the portals of silence the healing sun of wisdom and peace will shine upon you."

Paramahansa Yogananda

The Retreat will be held at The Redemptorist Renewal Center at Picture Rocks, a retreat center located high in the desert foothills northwest of Tucson, Arizona. The Center has comfortable guest rooms, views of the Sonoran Desert, beautiful walkways and is the site of ancient Hohokam Indian petroglyphs. Vegetarian meals will be served during the weekend.

Information

- The Center is located at 7101 W. Picture Rocks Rd., Tucson, Az. Their website is www.desertrenewal.org.
- 31 single occupancy rooms and 15 double occupancy rooms are available to the first 61 people who register. All rooms have private baths.
- Two commuter options are offered. Commuters can choose to attend all events, or Saturday only. Meals are included for commuters. (Only Saturday meals for Saturday commuters.)
- Check-in will begin at 3:00 p.m. on Friday the 5th. Supper starts at 6:00 p.m., and the opening event will begin at 7:00 p.m.
- Commuters should arrive on Friday at 5:00 p.m. and check-in outside the Petroglyph room.
- Saturday commuters should check-in outside the Petroglyph Rm. at 7:30 a.m. on Sat. morning.
- Cell phones/smart phones should be turned off for retreat events and meals. Smartphones may be used for notetaking in silent mode.
- Silence is an important part of the retreat program. Silence begins Friday night and ends at lunch on Sunday. Please limit phone use to emergency calls made in rooms or private areas.
- Audio and video recordings of the SRF classes are not permitted during the Retreat.
- We encourage devotees to choose a roommate in advance if they are planning to share a double occupancy room. Please indicate the person you are sharing the room with on the registration form.

Registration

- All lesson students and Kriyaban members of Self-Realization Fellowship are invited to attend.
- Please submit your reservation forms early. We expect the retreat to fill up quickly, especially single rooms.
- All fees are due at time of registration and are refundable if a reservation is canceled before March 28th.
- Mail your check (made out to Self-Realization Fellowship) and completed registration form to Retreat Registrar, 6111 N. Central Ave., Phoenix, AZ 85012. Or return it to the registration table at the Temple (Sunday mornings in March).
- After registration is received, a confirmation packet will be given/sent to all retreatants containing a cover letter, map and retreat schedule.
- In the event of a last-minute cancellation, please notify the RRC at 520.744.3400.
- This page can be printed from the link on the Phoenix Temple website (www.phoenixtemple.org)

SELF-REALIZATION FELLOWSHIP PHOENIX TEMPLE REGIONAL RETREAT REGISTRATION 2024

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

CELL/PHONE #: _____

EMAIL _____

Room registration (incl. room and meals):

_____ Single room(s) @ \$310 per person

_____ Double room(s) @ \$270 per person

Name of Roommate sharing the double rm:

_____ Commuter @ \$178 per person (Includes all meals)

_____ Saturday Commuter @ \$89 per person (Includes breakfast, lunch, supper on Saturday)

I would like my name and contact information placed on a carpool list. _____

Would you benefit from an "easy access" room? (these are limited) Yes _____

Would you like your confirmation packet sent by:

mail _____ or email attachment _____

Please specify any medical issue or food/dietary allergies:

I have enclosed a check for \$ _____

Cash/check payments only for mail-in registrations. Credit Card payments are available only at the Phoenix Temple registration table.