



# Toronto Centre of Self-Realization Fellowship



## Self-Conducted Fall Weekend Retreat September 9 – 11, 2016

You are warmly invited to attend the 2016 fall weekend retreat, to be held at Mount Carmel Spiritual Centre, Niagara Falls, Ontario.

While it is not necessary to be a member of Self-Realization Fellowship to participate in our retreat program, guests must be at least 18 years of age, be familiar with silent meditation, and have appreciation for the teachings of Paramahansa Yogananda.

Registrations will begin on Sunday, July 24<sup>th</sup>, at which time a registration form and retreat brochure can be obtained from the Toronto Centre bookroom, or via the e-bulletin sent out using the Toronto Centre's email list, or by visiting our website: [www.srftoronto.org/Retreats](http://www.srftoronto.org/Retreats).

For email registrations: download the Registration Form from our website; then scan and send to Shamsheer at [7shamsheer@gmail.com](mailto:7shamsheer@gmail.com)

Please note that accommodations are limited and as such we encourage you to register as soon as possible. Registrations can be hand delivered to the Toronto Centre bookroom, or sent by post or email.

The cost of accommodation at Mt. Carmel including meals and snacks is:

- \$225 per person for a shared room
- \$250 per person for a private room

For those wishing to participate in the program, but not requiring accommodations at Mt. Carmel, there is a Meals Only Option of \$115.

If you find it financially difficult to meet the full cost of the retreat, please talk to us about an amount that better fits your circumstances.

Devotees who are able are encouraged to donate to the Retreat Fund, so that we can accommodate those who cannot afford and still meet the total expenses of the retreat.