



*Toronto Centre of Self-Realization Fellowship*  
**Monastic-led Retreat**  
 November 2 – 4, 2018  
 Mount Carmel Spiritual Centre Niagara Falls, Ont.



**A Dynamo of Silence**

You are invited to attend the 2018 fall weekend retreat, conducted by the Toronto Centre of Self-Realization Fellowship Nov. 2 - 4, 2018 to be held at Mount Carmel Spiritual Centre, Niagara Falls, Ontario. As this is a monastic-led retreat, only students of the SRF Lessons and SRF Kriyabans may attend. **We are pleased to announce that this retreat will be led by two nuns from the SRF Mother Center in Los Angeles.**

The purpose of a retreat is to withdraw one's consciousness from the many distractions of daily life, and, in the words of Paramahansa Yogananda, to provide 'a *dynamo of silence where you may go for the exclusive purpose of being recharged by the Infinite.*'

An important consideration for retreatants is that all participants share a common desire to dedicate time to practicing the presence of God, spiritual study, and relaxing both physically and mentally.

To receive the fullest benefit from the retreat, retreatants are asked to participate in the whole program. In keeping with the SRF guidelines, we will strive to observe silence for the duration of the retreat program. In loyalty to our path, we will strive to focus only on thoughts and written material from Paramahansa Yogananda and Self-Realization Fellowship.

The practice of outer silence, keeping spiritual company, and closeness to nature will help retreatants to achieve a state of inner stillness, making it easier to feel the presence of the Divine.

*The theme of our retreat: 'Give God a chance to tempt you with His presence.'*



**Accommodation & Meals**

Retreat participants are provided with accommodation for 2 nights in a furnished shared (2-twin or 1 queen-size bed) or single room at Mount Carmel Spiritual Centre. The number of single rooms available is limited. Most of the shared rooms have a private bathroom. Most of the single rooms have a common washroom. Bed linens and towels are provided. Mount Carmel is wheelchair accessible.

Also, retreatants may choose to book accommodations off-site. See Alternative Offsite Accommodation on reverse side.

Light snacks will be provided by Mt. Carmel and the Toronto Centre on Friday evening. Wholesome vegetarian meals will be served in the dining room on Saturday and Sunday. There will be self-serve snacks & beverages available 24 hours a day in the lounge area. Mount Carmel is able to accommodate guests with food allergies such as wheat & gluten. Please call ahead to Joyce Nero, the Retreat Manager for Mount Carmel: 905-356-4113 ext. 4200 to work out the details.

**Cost of Retreat - Per Person**

<input type="checkbox"/> *Single room - 1 per room – with meals	\$291.00	<input type="checkbox"/> Shared room – 2 per room – with meals	\$261.00
<input type="checkbox"/> * Single room – 1per room – no meals	\$206.00	<input type="checkbox"/> Shared room – 2 per room – no meals	\$196.00
<input type="checkbox"/> Meals only / accommodation offsite	\$156.00	<input type="checkbox"/> Guest: accommodation offsite / no meals	\$86.00

\* Most of the single rooms share one common washroom. Most of the shared rooms each have their own washroom.

## How To Register

Beginning September 16th, registration forms for our Nov. 2– 4 retreat can be obtained from the Toronto Centre bookroom. Payment can be made by Visa, Mastercard, cash, or cheque payable to **Toronto Yogoda Meditation Centre**.

**OR** you can register online. Go to our website: <https://srftoronto.org/retreat-form/> There you will receive directions on how to register / make online payment.

Please complete and deliver the Retreat Registration Form with your donation to be received by October 21, 2018.

Confirmation of Registration will immediately follow online registration / will be mailed to those hand-submitting or mailing in their registrations.

Space is limited so prompt responses are encouraged. Room allocations will be made on a first-come, first-served basis.

Please contact us if you require assistance with transportation to and from retreat.

**Cancellation Fee:** If you need to cancel, please note that after October 26th, 2018 Mount Carmel will charge a cancellation fee of \$100.00.

**Arrival & Registration time** for the retreat is from 4:00 to 8:00 pm on Friday. The retreat ends at 2:30 pm on Sunday, Nov. 4th.



## Location & Directions

Situated on the escarpment above the Niagara River as it meets the Canadian Horseshoe Falls, Mount Carmel has 12 acres of beautiful, spacious grounds in a quiet, peaceful setting. The Centre is a 10 minute walk from the Falls.

### FROM TORONTO - HAMILTON

Take the QEW (Queen Elizabeth Way) to Highway 420 at Niagara Falls. Turn right on Stanley Avenue. Pass through 5 sets of traffic lights. Go past the Marriott Hotel and Sheraton Fallsview Hotel. Mount Carmel Spiritual Centre is on the left hand side, just past Our Lady of Peace Hall. Drive in and around to the front of the building.

### PARKING

Parking is on site and there is no fee for parking. If there are no parking spaces available, go back to Stanley, turn left and drive into the next driveway, which is the back parking lot.

**Front entrance:** As you face the building, the registration office is located on the left side (up the stairs with the railings). Please ring the buzzer for admittance.

**Back entrance:** is wheelchair accessible. Upon entering the back door from the parking lot, turn left down the hall. At the glass door, please ring the buzzer for admittance and take the elevator up to the 1st. floor for registration.

### Alternative Offsite Accommodation

Rodeway Inn Fallsview 6663 Stanley Ave., Niagara Falls offers discount rates to those attending events at Mt. Carmel Spiritual Centre. Please call 905-354-2322 or Toll free: 1-866-633-4526 [www.rodewayinnfallsview.com](http://www.rodewayinnfallsview.com)

Mention *Toronto Meditation Centre* as the reference when making your reservation.

Their fees: Fri., Nov. 2: \$59.00 + tax; Sat., Nov. 3: \$79.00 + tax; if staying on, the fee would continue at \$59.00 + tax per night until the next Sat.

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