

Mount Carmel Spiritual Centre

**7021 Stanley Avenue
Niagara Falls Ont. L2G 7B7**

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*Toronto Centre of
Self-Realization Fellowship*

2510 Yonge Street, Suite 207

Toronto, Ont. M4P 2H7

Phone: (647) 435-9946

www.srftoronto.org



LOCATION AND 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.

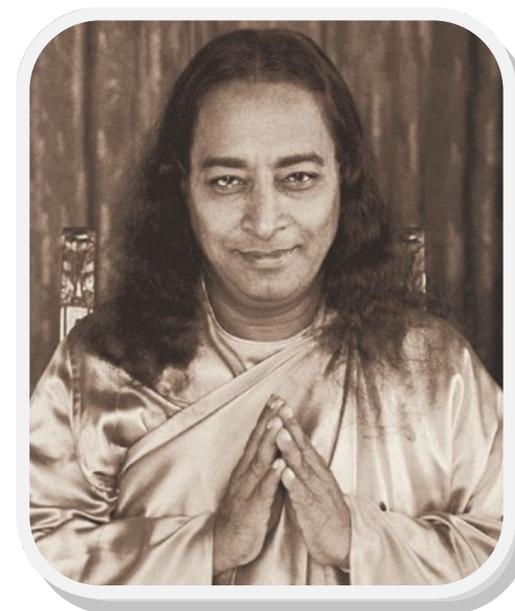
Back entrance: is wheelchair accessible. Upon entering the back door from the parking lot, turn left down the hall. At the glass door, please ring the buzzer for admittance and take the elevator up to the 1st. Floor for registration.

*Toronto Centre of
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**2019
Fall Retreat**

(self-conducted)

November 8 - 10, 2019



**Mount Carmel Spiritual Centre
Niagara Falls, Ont.**

A Dynamo of Silence

You are invited to attend the 2019 fall weekend retreat, conducted by the Toronto Centre of Self-Realization Fellowship November 8-10, 2019 to be held at Mount Carmel Spiritual Centre, Niagara Falls, Ontario. This silent retreat is primarily intended for SRF members, and will be self-conducted by members of the SRF Toronto Centre.

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.

Accommodation & Meals

Retreat participants are provided with accommodation for 2 nights in a furnished single (private) or double (shared -- with 2 beds) room at Mount Carmel Spiritual Centre. Mount Carmel charges an additional fee for anyone requesting a single room. Please see the registration form for details.

Most rooms have a private bathroom. Bed linens and towels are provided. Also, retreatants may choose to book accommodations off-site. Mount Carmel is wheelchair accessible.

Wholesome vegetarian meals will be served in the dining room; and self-serve snacks & beverages will be available 24 hours a day in the lounge area. Mount Carmel is able to accommodate guests with food allergies such as wheat & gluten. Kindly add special diet requirements to your Retreat Registration Form so that they can be submitted to Mount Carmel at least 10 days prior to retreat.

Cost of Retreat

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

- \$235 per person for a shared room
- \$260 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 at a cost of \$135.

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.

How To Register

To register for the Sept. retreat, please complete the Toronto Centre's Retreat Registration Form, and mail in with your payment, to be received by Sun., Oct. 27, 2019. Space is limited so prompt responses are encouraged. Room allocations will be made on a first-come, first-serve basis. All devotees are responsible for arranging their own safe transportation to and from the retreat.

Arrival & Registration time for the retreat is from 4:00 to 8:00 pm on Friday, Nov. 8th. The retreat ends after lunch on Sunday, Nov. 10th.

Registration forms can be obtained from the Toronto Centre bookroom, or see our website www.srftoronto.org/Retreats for directions to download the Form and register by e-mail.

Please complete and deliver your **Nov. '19 Retreat Registration Form** with your payment (cheque payable to **Toronto Yogoda Meditation Centre**) by Oct. 27, 2019

In keeping our costs and environmental footprint to a minimum, you will receive confirmation of your registration by e-mail (by mail only if requested.)

Cancellation Fee: If you need to cancel, please note that after Nov. 1, 2019 Mount Carmel will charge a cancellation fee of \$100.00.

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