



Vancouver Meditation Group
of Self-Realization Fellowship

2026 SRF Monastic-Conducted
Silent Meditation Retreat Schedule
September 11-13, 2026
Brother Vidurananda & Brahmachari Leonardo

Theme: *Entering the Silence: Deepening Our Communion With God*

Friday

3:00 - 5:30 p.m.	Registration	Langar Hall
6:00 - 7:00 p.m.	Dinner & Free Time	Langar Hall
7:45 - 9:00 p.m.	Opening Class " <i>Entering the Silence: Deepening Our Communion with God</i> " (silence begins)	Chapel
9:00 - 10:00 p.m.	Individual Meditation (optional, unled)	Chapel

Saturday

6:00 a.m.	Wake-up Bell	
7:00 – 8:00 a.m.	EE & Group Meditation	Lawn & Chapel
8:00 a.m.	Breakfast & Free time	Langar Hall
9:30 a.m.	Energization Exercises Review	Lawn
10:15 a.m. – 12:30 p.m.	Meditation Technique Review Class & Guided Meditation*	Chapel
12:30 p.m.	Lunch & Free Time	Langar Hall
2:00 – 3:00 p.m.	Satsanga (Questions and Answers)	Chapel
3:00 p.m.	Free Time	
4:30 p.m. – 6:30 p.m.	EE & Group Meditation with <i>Kirtan</i>	Lawn & Chapel
6:30 p.m.	Dinner & Free Time	Langar Hall
8:00 – 9:00 p.m.	Video Presentation	Chapel
9:00 – 10:00 p.m.	Individual Meditation (optional, unled)	Chapel

*Open to SRF Lessons students and kriyabans. Student card or Kriya card is required.



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Sunday

6:00 a.m.	Wake-up Bell	
7:00 – 8:00 a.m.	Group Meditation (led by a lay member)	Chapel
8:00 a.m.	Breakfast & Free time	Langar Hall
9:30 a.m. – 12:00 p.m.	EE & Group Meditation with <i>Kirtan</i>	Lawn & Chapel
12:00 p.m.	Group Photo (silence ends)	
12:15 p.m.	Lunch (Social)	Langar Hall
1:30 – 2:30 p.m.	Closing Class & Video	Chapel