

*"Retire to the center of your being,
which is calmness"*

~ Paramahansa Yogananda



*Vancouver Meditation Group
of Self-Realization Fellowship*



2026 Silent Retreat
Conducted by SRF Monks:
Brother Vidurananda
Brahmachari Leonardo

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

September 11-13
Miracle Valley, Mission BC

"Everything else can wait, but your search for God cannot wait."

~ Paramahansa Yogananda

Friday

- 3:00-5:30 p.m. Registration (Langar Hall)
- 6:00-7:00 p.m. Dinner (Langar Hall)
- 7:45-9:00 p.m. Welcome & Opening Class (Chapel)
- 9:00-10:00 p.m. Individual Unled Meditation (Chapel)

Saturday

- 6:00 a.m. Wake-up Bell
- 7:00-8:00 a.m. EE & Group Meditation (Chapel)
- 8:00-9:00 a.m. Breakfast (Langar Hall)
- 9:30-10:15 a.m. Energization Exercises Review (Lawn)
- 10:15-12:30 p.m. Meditation Technique Review Class & Guided Meditation (Chapel)
- 12:30-1:30 p.m. Lunch (Langar Hall)
- 2:00-3:00 p.m. Satsanga Q&A (Chapel)
- 3:00-4:30 p.m. Free Time
- 4:30-6:30 p.m. EE & Meditation with Kirtan (Chapel)
- 6:30-7:30 p.m. Dinner (Langar Hall)
- 8:00-9:00 p.m. Video Presentation (Chapel)
- 9:00-10:00 p.m. Individual Unled Meditation (Chapel)

Sunday

- 6:00 a.m. Wake-up Bell
- 7:00-8:00 a.m. Meditation led by Devotee (Chapel)
- 8:00-9:00 a.m. Breakfast (Langar Hall)
- 9:30-12:00 p.m. EE & Meditation with Kirtan (Chapel)
- 12:00-12:15 p.m. Group Photo (Lawn)
- 12:15-1:30 p.m. Social Lunch (Langar Hall)
- 1:30-2:30 p.m. Closing Class & Video (Chapel)