

Vancouver Yogoda Meditation Society Annual Silent Retreat (**Monastic-Led**) September 26 – 28, 2025

Dear Ones ...

Our annual silent retreat will once again be held at the Khalsa Centre at Miracle Valley, Mission, B.C. This beautiful facility bordering on lakes and enveloped in majestic forests, will this year be blessed by the rare presence of SRF monks – Bro. Balananda and Bro. Padmananda – who will guide us through what promises to be, a truly blessed experience.

<https://www.khalsacentre.ca/facilities>

The spiritual atmosphere, spacious and quiet locale, tasty vegetarian meals and simple-but-pleasant rooms, make this a serene and ideal place to experience peace and spiritual upliftment. We hope you can join us.

Date: Friday afternoon - Sept. 26 to Sunday afternoon - Sept. 28, 2025.

Room sign-in: 3:00 p.m. and beyond, on Friday afternoon. Dinner: 5.30 p.m. to 6.30 p.m.

Opening welcome: 7:45 p.m. The retreat closes Sunday afternoon at 2:00 p.m. and check-out will be at 2:00 p.m.

Early-Bird Registration **\$230 per person**
(June 01 to June 30)

Regular Registration **\$245 per person.** Some financial assistance is available.
(July 01 to Sept 01) Please apply to retreat@vancouvermeditationgroup.org for more information.

ACCOMMODATION:

There is access to four residential buildings; each with three levels, and all with **stair access only**. Limited ground-level accommodation is available **and will be prioritized for those with mobility challenges**.

On each floor, there are two shared bathrooms with showers. There is no common accommodation for couples. Each attendee will have his/her own room consisting of a twin or bunk bed (with covered mattress), armoire, night table, table fan, and window screens. Bedding (sheets, pillows, blankets) and towels are **not** supplied.

For those travelling and unable to bring bedding, *limited options may be available at the venue*. Please e-mail contact@vancouvermeditationgroup.org to explore options.

FOOD:

All food is vegetarian with **extremely** limited gluten-free options.

Friday night – Dinner from 5.30 p.m. to 6.30 p.m.

Saturday – breakfast, lunch, afternoon snack and dinner.

Sunday – breakfast and lunch (check-out at 2.00 p.m.)

CELL/TELEPHONE/INTERNET:

There is no cellular coverage inside the venue, though there is ‘spotty’ access near the gate.

There is wireless internet access (with a password) within the dining hall, and also a landline (for emergency use).

REGISTRATION:

Spaces at the retreat are available on a *first-come-first-served* basis. Please complete the registration form (on page 3) and submit with your payment (by cheque) to:

Vancouver Meditation Group
Attn: Retreat Coordinator
173 West 6th Ave.
Vancouver, B.C. V5Y 1K3

Forms may also be scanned and submitted as an attachment via e-mail to retreat@vancouvermeditationgroup.org, or directly submitted online at – www.vancouvermeditationgroup.org (via the 'Annual Retreat' tab. Payment by credit card, cheque or e-transfer).

Please include your e-mail address along with your registration (*this will help us respond and confirm your registration*).

If you must cancel your registration, please let us know immediately as our Retreat may have a wait-list. With sufficient notification, your payment will be refunded.

NOTE: There will be no refunds for cancellations after Friday, September 05, 2025.

LIST OF ITEMS TO BRING:

- Sleeping bag (or blanket)
- Pillow
- Towels (bath and hand)
- Flat bed-sheet or Twin fitted-sheet
- Toiletries, etc.
- Warm, comfortable clothing
- Rain jacket and shawl /cardigan /sweater
- Comfortable shoes (several walking trails amidst the woody surroundings)
- Slippers / flip-flops to wear inside the buildings
- Flashlight
- Mosquito repellent (optional)
- Medications, if any
- Meditation cushion(s); as pews are wooden
- Pairs of socks for exercises – if conducted indoors

DIRECTIONS:

<https://www.khalsacentre.ca/driving-directions>

For devotees who can provide a ride, and/or for those who may need a ride to/from the venue, a 'sign-up' sheet is available at our chapel. Please enquire therein, or e-mail:

tours@vancouvermeditationgroup.org

If you have questions, please contact the Retreat Coordinator at retreat@vancouvermeditationgroup.org

**VANCOUVER YOGODA MEDITATION SOCIETY
ANNUAL SILENT RETREAT – SEPTEMBER 26 – 28, 2025**

NAME(s): *

ADDRESS: *

_____ CITY: * _____ PROVINCE: * _____

PHONE # * _____ ALTERNATE # _____

E-MAIL FOR CONFIRMATION* _____

REQUESTS: *

- Ground floor accommodation; Mobility concerns – Yes No
- Gluten-free Meals (very limited)
- None Applicable

PAYMENT: *

- E-Transfer (PREFERRED): e-mail: treasurer@vancouvermeditationgroup.org.
(Message: 'Retreat 2025 – Registration Fee' AND 'Early Bird,' if applicable)
- Credit Card: www.vancouvermeditationgroup.org. (via 'Donate Now' button on home page)
– (Add special instructions : "Retreat 2025 – Registration Fee" AND 'Early Bird,' if applicable)
- Cheque: (Number/Date: _____ Payable to Vancouver Yogoda Meditation Society
 Sending by mail
 In person at Vancouver Centre

SPONSORSHIP:

[If you are willing to assist a fellow-devotee with his/her registration fee. NOTE: Any unused contribution will be applied to offset Retreat expenses].

- Minimum \$115. Payment as per one of three options above. Please include 'Sponsorship' in your payment message.

DONATIONS:

[Offerings to assist with Tour Dept. expenses, as well as all other Retreat-based costs. All contributions received with gratitude].

- Message: 'Retreat 2025 – Donations.'

CANCELLATION: Latest, on Sept. 05, 2025. No refund thereafter.

***Please complete ALL sections as applicable. Incomplete applications will NOT be accepted.**

For Official Use: _____ Receipt No. _____