

SRF 2025

# Miracle Valley Vancouver Meditation Group Retreat

Led by SRF Brothers,  
Balananda and Padmahanda  
Friday, Sept. 26th - Sunday, Sept. 28th



"Cry to God until the  
sky is shaken with  
your devotion"  
*Paramahansa Yogananda*

"Fully enjoy the wonder and beauty of each moment."

*Paramahansa Yogananda*

## Friday

3:00pm - 6:00pm	Registration	Langar Hall
5:30pm - 6:30pm	Dinner	Langar Hall
7:45pm - 9:00pm	Opening Service	Chapel
9:00pm - 10:00pm	Individual Meditation	Chapel

## Saturday

7:00am	Wake up bell	
8:00 - 9:00am	Breakfast	Langar Hall
9:15 - 9:45am	Energization Exerc	Marion's Bus Stop
9:45 - 12:15pm	Group Meditation	Chapel
12:15 - 12:30pm	Break	
12:30 - 1:30pm	Lunch	Langar Hall
1:30 - 2:30pm	Class	Chapel
2:30 - 4:30pm	Free Time	Chapel
4:30 - 4:45pm	Energization	Marion's Bus Stop
4:45 - 5:45pm	Group Meditation	Chapel
6:10 - 7:15pm	Supper	Langar Hall
7:45 - 9:00pm	Inspirational Video	Chapel
9:00 - 10:00pm	Individual Meditation	Chapel

## Sunday

6:00am	Wake up bell	
7:00 - 7:15am	Energization	Marion's Bus Stop
7:15 - 8:15am	Group Meditation	Chapel
8:30am - 9:30am	Breakfast	Langar Hall
10:00am - 11:00am	Sunday Service	Chapel
11:30am - 12:30pm	Lunch	Langar Hall
1:15pm - 2:00pm	Satsanga (or class)	Chapel
2:00pm - 3:00pm	Clean up	