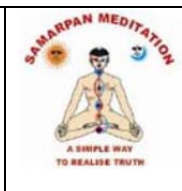


Shree Shivkrupanand Swami Foundation Canada

La Fondation Shree Shivkrupanand Swami Canada



Invitation to attend the International Family Reunion Samarpan Dhyanyog Retreat during September 21st- 23rd, 2018 in the presence of *H.H. Shree Shivkrupanand Swamiji and H.H. Guruma* via video conference at the Art of Living International Centre, 13 Chemin de l'Infinite, Saint Mathieu-du-Parc, QUEBEC, CANADA G0X 1N0



Managing Trustee:
Dr. Veeresh Gadag

Trustees: Dr. Shirish Nathwani
Dr. Kate McKenzie

Dear all,

We invite everyone interested in Samarpan Dhyanyog particularly those from Shree Shivkrupanand Swami Foundations from the American countries, namely Canada, USA, Brazil and Peru, to come together during the 21st through 23rd of September, 2018 for a blissful Samarpan Dhyanyog Retreat. Living Satguru *H.H. Shree Shivkrupanand Swami and H.H. Guruma* will join us through Live Video Conferences. This will be a residential, international meditation retreat, like the one that was conducted by the Shree Shivkrupanand Swami Foundation, USA in Camp Zeke Retreat Center in Lakewood, PA., USA, last year during the 8th to 10th of September, 2017.

RETREAT SETTING – This Spiritual weekend retreat is being held on the holy land of the Art of Living International Centre in Saint Mathieu-du-Parc in the Province of Quebec, Canada. We have chosen this holy land founded by the living Satguru *H.H. Shree Ravi Shankarji*, which has been serving as a peaceful oasis to everyone looking to connect with Universal Consciousness via their own selves. The Centre which is spread over 230 acres of land features five lakes, walking trails, residences, meditation halls, a wellness centre, Ayurveda Centre, organic gardens and many more. It is situated 164 kms away from the Montréal-Pierre Elliott Trudeau International Airport. The changing colours of the leaves on trees along the road in the Quebec area are a treat to watch.

PROGRAMS & ACTIVITIES – We will begin and end the day time with Sunrise and Sunset Meditations in nature. Like last year, the highlights of the retreat will be the early morning live video conference sessions on Saturday the 22nd and Sunday the 23rd with our beloved enlightened Satguru *H.H. Shree Shivkrupanand Swami and H.H. Guruma*. They will give us live meditation lessons through online discourses from India and will answer our questions pertaining to our Spiritual Journey. On Saturday the 22nd of September, the online discourse will be followed by Havan – a holy Fire Ceremony and in the afternoon there will be several fun-filled spiritual outdoor activities. In the evening we will take part in bhajans, sing alongs and cultural activities. We will have time to stroll along the beautiful trails by the lakes in the Centre, either in solitude being with one's own 'self' or in groups recounting the events of the day. Please refer to the attached schedule for the detailed program. There will be arrangements for child care for younger children and for age appropriate programs for older children.

ACCOMODATIONS & MEALS – The Retreat centre is furnished with lake-side, private, simple but comfortable cabins where you will wind down your energy filled days in cozy, heated, cabin-suites with wheel chair access, private/semi-private bathrooms and other basic amenities. Cabins can be configured to accommodate families with children. You will enjoy six healthy, multi-cuisine vegetarian buffet-served meals (Friday dinner through Sunday lunch) in a dining-hall facility, prepared in the kitchen with an Ashram atmosphere. Onsite parking, pavilions, sports-fields, gym, jogging, arts-crafts, Ayurveda centre & yoga studios are available. Pillows, beddings, linens will be provided. Please bring along personal toiletries, a towel, a meditation mat and a yoga mat.. Attendees arriving at the Montreal Airport will be facilitated with transportation to and from the retreat venue. We believe we will all be tremendously blessed and transformed by attending this weekend retreat.

Looking forward to your attendance and whole hearted participation in the retreat. With lots of love,

Veeresh Gadag, Kate McKenzie and Shirish Nathwani
Trustees, Shree Shivkrupanand Swami Foundation Canada
www.samarpanmeditation.net

Retreat Schedule and Registration Link

Friday, September 21, 2018

Check-in: Any time after 3:00 PM

6:00 PM – 7:00 PM: Supper

7:00 PM: Start gathering around outdoors under the sky

7:15 PM – 7:45 PM: Outdoor ‘Sunset’ Meditation with fire, Earth, Air and Space elements

7:45 PM: Opening Remarks, Introduction of Samarpan meditation for first-timers.

8.15 PM: Spiritual Experience sharing – Open session

9:00 PM: Peace Prayer

Saturday, September 22, 2018

6:15 AM - 6:45 AM: Exercise/Yoga

6:45AM - 7:15 AM: Morning Outdoor Meditation with Earth, Water, Fire, Air and Space elements

7:20AM - 8.05 AM: Tea and Breakfast

8.10 AM - 8.20: Welcome –Kate McKenzie, Shirish Nathwani.

8.20 AM - 8.30: Bhajan - Dhun

8:30 AM - 10:30 PM: P. Gurumaa’s Discourse in Hindi/English

(6 PM - 8:00 PM IST – Anuragji, Ambreeshji and Shashwatiji may also join, if time permits)

11:00 AM - 12:15 PM: Havan/Fire Ceremony

12-30 PM - 2.00 PM LUNCH BREAK

2.15 PM -2:45 PM: Update on Shree Ashran/Gurushaktidham – Veeresh Gadag, Kate Mckenzie

2:35 PM: Orientation for Soul Expression Workshop

2:50 PM: Outdoor Soul Expression Workshop

4:00 PM: Outdoor time for soul searching/contemplation

5:00 PM: Group Photo Session (15-20 min)

5:30 PM - 6:00 PM: Outdoor Meditation with Water, Earth, Air and Space elements by the lake

6:00 PM - 7:15 PM: Supper

7:30 PM - 8.00 PM: Indoor Fun /Spiritual games

8:00 PM - 9.00 PM: Bhajan and Cultural program

9.00 PM: Peace Prayer

Sunday, September 23, 2018

REMINDER: Checkout time is 11.00 a.m. Baggage needs to be transferred to cars. If possible, move all your bags to your car before the morning program begins, so you don’t need to rush after the program

6:15 AM – 6:45 AM: Exercise/Yoga

6:45AM – 7:15 AM: Morning Outdoor Meditation with Earth, Water, Fire, Air and Space elements

7:20AM – 8.05 AM: Tea and Breakfast

8:10 AM –8:20AM: Seating in the Meditation hall /Slide-Show

8:20 AM – Collective Dhun:

8:30 AM – 12:30 PM: P. Swamiji’s discourse and Q & A session with English translation

(6:00 PM -10:00PM IST)

12.30 PM- 12:45 PM: Vote of thanks and concluding remarks – Shirish Nathwani, Veeresh Gadag

12.45 PM - 1.45 PM: LUNCH

1:45 PM - 2.00 PM: Feedback and Check-Out

(1:30 PM – 2:00 PM – Meeting of all post holders: Trustees, Committee Members, Area Heads, Center Heads)

4:30 PM – 6:00 PM Two batches of 45 minutes meditation with Mangal Murti at the Guru Shaktidham, [9880, Avenue De L'Esplanade, Montreal H3L 2X5](https://www.google.com/maps/place/9880+Avenue+De+L'Esplanade,+Montreal+H3L+2X5)

ENJOY BEING A PURE SOUL IN NATURE WITH THE SUBTLE PROXIMITY OF A HIMALAYAN SATGURU

Registration Link:

<https://docs.google.com/forms/d/e/1FAIpQLSfuIXVadjindRkdu79RUMHvSA4uzS6NpgaWo8zVGtXMIspFA/viewform>