

*Sydney Centre of Self-Realization Fellowship*  
Information about silent retreats for newcomers

*“You may be surprised at what seclusion with  
God will do for your mind, body, and soul....  
Through the portals of silence the healing sun of  
wisdom and peace will shine upon you.”*

*~ Paramahansa Yogananda*



Sydney Centre's retreats are open to anyone seeking spiritual renewal and who desires to leave behind the pressures of everyday life to deepen their awareness of the Divine.

While it is not necessary to be a member of Self-Realization Fellowship to participate in our retreat program, it is important that guests be familiar with meditation and be comfortable spending their time at the retreat in silence. Guests maintain silence throughout their stay to deepen their retreat experience. As Paramahansa Yogananda said: "The value of silence cannot be understood except through experience.... What joy awaits discovery in the silence behind the portals of your mind no human tongue can tell."

Retreat activities include daily group meditations, practice of the SRF Energization Exercises and other inspirational programs such as readings from Paramahansa Yogananda's writings, kirtan, and DVD talks by SRF monastics. There is also ample free time to relax and enjoy God's presence in the beautiful retreat setting. SRF publications are available for private study, and the meditation room is open for individual meditation from 6 am to 10 pm when other services are not being conducted there. (See sample program: [http://www.srfsydney.org.au/pdf/Retreat\\_Schedule.pdf](http://www.srfsydney.org.au/pdf/Retreat_Schedule.pdf))

Since the retreat program is based on the SRF teachings, if you are not familiar with the teachings of Paramahansa Yogananda you can find samples of his writings on the SRF website (<http://www.yogananda-srf.org>), or you may like to attend a service at Sydney Centre or another SRF meditation group. This is usually a better introduction to the teachings than coming along to a retreat first up.

Please note that instruction on meditation techniques is not provided at the retreat. The meditation techniques are taught in the Home Study Lessons, written by Paramahansa Yogananda. Click [here](#) for details.

The cost of the retreat covers accommodation and food.