

Welcome to  
**Midwest Kriya Yoga Retreat**

April 29<sup>th</sup> - May 2<sup>nd</sup>, 2010



With Paramahansa Prajnanananda,



Swami Atmavidyananda, Yogacharya Bhadrayu Pandya, and Brahmachari Ritananda



At 12856 Doniphan Lake Road, Excelsior Springs, MO 64024

## *Retreat Schedule*

### Thursday April 29th

9:00 AM to 10:30 AM - Check-in	4:00 PM to 7.00 PM - Discourse followed by Meditation
11:00 AM to 12:15 PM - Opening Ceremony followed by Meditation	7:30 PM to 8:30 PM - Light Supper
12:30 PM to 1:30 PM - Lunch	9:00 PM to 9:30 PM - Prayer service
1:30 PM - Rest and Nature Walk	9:30 PM - Retire
3:30 PM - Beverage Break	10:00 PM – Noble Silence until 9:00 AM

### Friday April 30<sup>th</sup> & Saturday May 1<sup>st</sup>

5:30 AM - Morning Walk	3:30 PM - Beverage Break
6:00 AM to 7:30 AM - Meditation	4:00 PM to 7.00 PM - Discourse followed by Meditation
8:00 AM to 8:30 AM - Breakfast	7:30 PM to 8:30 PM - Light Supper
9:00 AM to 12:00 Noon - Discourse followed by Meditation	9:00 PM to 9:30 PM - Prayer service
12:30 PM to 1:30 PM - Lunch	9:30 PM - Retire
1:30 PM - Rest and Nature Walk	10:00 PM – Noble Silence until 9:00 AM

### Sunday May 2<sup>nd</sup>

5:30 AM - Morning Walk	12:30 PM to 1:30 PM - Lunch
6:00 AM to 7:30 AM - Meditation	2:00 PM - Fellowship w/Swami
8:00 AM to 8:30 AM - Breakfast	3:00 PM – 4:00 PM : Meditation
9:00 AM to 12:00 Noon - Discourse followed by Meditation	4.15 PM - Depart

**Check in** begins on April 29<sup>th</sup>, 2010 Thursday 9:00- 10:30 am and the retreat starts at 11:00 am. We encourage early arrival to allow time to check into your cabin and relax before the retreat begins. Late check-in on Thursday is ok with prior arrangement.

## Retreat Guidelines

**Seva:** You may be called upon to help with seva activities as needed. This includes setting up and tearing down for the retreat.

**Clothing:** Dress modestly during the retreat. Loose, comfortable clothing is recommended for meditation and nature walks. Sleeveless shirts, shorts, transparent, and revealing attire are not allowed. Walking or hiking shoes and socks are also recommended for the nature walks. All participants are expected to follow Ashram disciplines and refrain from outward displays of affection.

**Intoxicants, Drugs and Smoking: Bringing** any type of intoxicants and/or drugs to the retreat is strictly forbidden. Smoking and chewing tobacco are not allowed at the retreat. Prescription medications, over-the-counter medications, herbs, tonics, supplements, etc., are allowed.

**Outside Contacts:** Participants should remain on the property for the entire retreat. Outside contacts should be suspended except for emergencies.

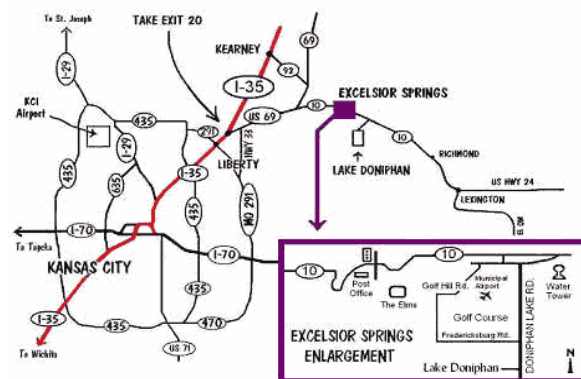
**Valuables:** Retreat participants are requested not to bring expensive jewelry or valuables with them. The organizers do not take responsibility for loss of such items.

**Shopping:** There are no facilities for shopping. Kriyavans should bring all their requirements such as toothpaste, flashlight, etc.

**Audio/Video Recordings:** No taping of the retreat proceedings will be allowed except by prior permission.

**What to bring:** Yoga mat and/or cushion, Insect repellent, flashlights, sturdy walking shoes, slip on shoes for meditation hall, jacket, alarm clock and/or watch, retreat packet for directions and daily schedule.

**Directions:** Lake Doniphan is located only 35 minutes from downtown Kansas City, or the MCI airport. Please visit <http://www.lakedon.org/reservations/directions/> for directions to Lake Doniphan Retreat Center.



### Preferred shuttle services to the retreat location:

Super Shuttle - [supershuttle.com](http://supershuttle.com), KCI Express Shuttle - [KCIExpressshuttle.com](http://KCIExpressshuttle.com), and Griffin Taxi (816) 630-2222.

Griffin's have a flat rate for a trip to or from the airport (around \$55). So if several people share a ride, it's very affordable. However, please be advised they only deal in cash.