



Self-Realization Fellowship  
*Lake Shrine*

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*“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.”*  
Paramahansa Yogananda

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## Retreat Program Information

Revised June 2016

Lake Shrine Retreat is open for retreatants Tuesday to Sunday throughout the year (closed Sunday and Monday nights).



Guests at all retreats maintain silence throughout their stay to deepen their retreat experience. Guests are provided with comfortable furnished single rooms and an adjoining bath that is shared either by two of the same gender or by a married couple. Some rooms with a private bath are available. Each room has its own balcony.



Retreatants come together for wholesome vegetarian meals, served in the dining room. As we do not provide a choice of menu, if you have dietary restrictions, please discuss this with the Retreat Registrar when making your reservations. Dress is informal, comfortable, and modest, in keeping with the ideals of a spiritual community.

## Donations

To help cover the cost of maintaining this beautiful Retreat for all who seek spiritual renewal, we appeal to you for your generous support. We are often asked to indicate an amount that one can use as a guide. The donation to help cover the cost of meals, lodging, and daily upkeep of the Retreat is:

- \$85 a day per person for a General Retreat
- \$100 a day per person for a Conducted Weekend Retreat

The kind support of those who can offer more helps us to meet the larger expenses of maintaining the Retreat facility, so that all may continue to benefit from the spiritual service it provides.

### General Retreat Program

This type of retreat is loosely structured, with classes and inspirational programs, and opportunities for spiritual counseling. Participants come together with one of the SRF monastics for the practice of the SRF Energization Exercises and for the morning meditation. Also available to retreatants is the Thursday evening lecture service at the Lake Shrine Temple, as well as the Friday evening meditation and Sunday morning lecture service. A specific schedule of monastic-led events may vary from week to week, and will be communicated at registration.



There is also ample free time to relax and enjoy God’s presence in the beautiful retreat settings. Self-Realization Fellowship books and recordings are available for private listening and study, and the Retreat chapel is always open for prayer and meditation. Monastic counselors are available to speak with retreatants who would like personal guidance in their practice of meditation as taught by Paramahansa Yogananda, or in their application of the teachings.



Depending on availability, retreatants may visit the Houseboat where Paramahansa Yogananda sometimes resided while planning the future of Lake Shrine.

### Conducted Weekend Retreat program

In addition to the above activities, a conducted weekend offers a concentrated program of classes, led by monks of the SRF monastic order, on the Self-Realization Fellowship teachings and meditation techniques. Conducted retreats are scheduled on select weekends throughout the year

**Please note:** to maximize the effects of the retreat experience, guests are expected to participate in the full Retreat program and not to engage in other activities during the time of their stay.

For information about other SRF Retreat locations, please visit the main website for Self-Realization Fellowship at [www.yogananda-srf.org](http://www.yogananda-srf.org)

## Reservations

As meditation is the foundation of the Retreat Program, we suggest that one be somewhat familiar with meditation and the Self-Realization Fellowship (SRF) teachings before requesting a reservation. For more information about Self-Realization Fellowship, Paramahansa Yogananda, and the SRF Lessons on meditation, visit [www.yogananda-srf.org](http://www.yogananda-srf.org).



Reservations may be made for two to five days, depending on the space available. For those new to the SRF teachings or to meditation, a stay of two or three days is usually suggested.

Check-in time is between 2:00 and 5:00 pm, Tuesday through Thursday. On Friday, retreatants check in between 2:00 and 4:30 pm in order to allow time for a light meal and to attend the evening meditation at the Lake Shrine Temple, which begins at 7:10 pm with the SRF Energization Exercises.

Reservations for the week before and after the annual SRF Convocation held each summer in Los Angeles are usually limited to just a few days and are reserved for those coming long distances. The Retreat is closed the week of the Convocation and also Christmas week.

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*“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