



## *Atlanta Center of Self-Realization Fellowship*

### **SRF REGIONAL SPIRITUAL WEEKEND RETREAT APRIL 11<sup>th</sup> – 13<sup>th</sup>, 2008**

It is the great joy of the Atlanta Center of Self-Realization Fellowship to welcome you to a special SRF Regional Spiritual Weekend Retreat conducted by Brother Ishtananda and Brother Ritananda starting Friday, April 11<sup>th</sup> and concluding Sunday, April 13<sup>th</sup>. This three-day weekend retreat is located at Cohutta Springs Conference Center near Dalton some 70 miles north of downtown Atlanta. This 725-acre secluded retreat center contains a large lake and walking paths in the foothills of the Appalachian Mountains and should provide an ideal setting for a weekend of deep meditation and reflection. Directions to Cohutta Springs and contact information are attached. For more information, visit the Cohutta Springs website at <http://www.cohuttasprings.com/index.html> and/or the Atlanta Center website <http://www.srfatlanta.org>.

The program includes meditation, review classes, plenty of free time, vegetarian meals and snacks, an evening Satsanga on Saturday, and a devotional service on Sunday. For most of the retreat weekend attendees will be in silence. The retreat schedule is attached.

The rooms are very comfortable and offer a view of the surrounding lake. Linen and pillows are provided, though it is always a good idea to bring an extra blanket. Each room has a private bathroom, television with VCR/DVD, microwave, refrigerator, hot beverage maker, and telephone with Internet access.

When arriving at Cohutta Springs, please check in at the front desk at the Conference Center for your room key, and then check in for the retreat at the Retreat Information desk in the Conference Center foyer. The check in time for your room is 4PM on Friday. Checkout time is 11:30 AM on Sunday with lunch and a closing program after room checkout (see retreat schedule). If you cannot arrive by 7:00 PM on Friday evening, please notify us in advance by email ([srfatlanta@hotmail.com](mailto:srfatlanta@hotmail.com)) or phone (770-434-7200) by no later than Monday, April 7<sup>th</sup> and plan to provide for your own dinner.

Dress is casual to be appropriate for SRF services (no shorts, tank tops, etc.). Be sure to bring comfortable walking shoes for enjoying the grounds and walking trails, and a mat or blanket for sitting outside on the grounds. See you soon!

In Divine Friendship,  
Atlanta Center of Self-Realization

*"Everything else can wait, but our search for God cannot wait" - Paramahansa Yogananda*