



Atlanta Center of Self-Realization Fellowship

SRF REGIONAL SPIRITUAL WEEKEND RETREAT

April 20th thru 22nd 2018

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 monastics from SRF Mother Center starting Friday, April 20th and concluding Sunday, April 22nd. This three-day weekend retreat is located at Forrest Hills Mountain Resort near Dahlonega, GA. some 80 miles north of downtown Atlanta. Directions to Forrest Hills and contact information are attached. For more information, visit <http://www.forresthillsresort.com/> and/or the Atlanta Center website <http://www.srfatlanta.org> .

The program includes meditation, technique review classes, plenty of free time, vegetarian meals, an evening inspirational film on Saturday, and a devotional service and class on Sunday. ***For most of the retreat weekend attendees will be observing silence. Kriyabans must bring their Kriyaban card for the Kriya Review class on Saturday.***

All rooms are very comfortable and offer a variety of amenities. Linen and pillows are provided, though it is always a good idea to bring an extra blanket.

WHAT TO BRING: It is important to **bring a bright flashlight** as most of the grounds are not lighted at night. Dress is casual to be appropriate for SRF services (no shorts, tank tops, etc.). Be sure to wear comfortable walking shoes for enjoying the grounds and walking trails, bring a light sweater or jacket, and a mat or blanket for sitting outside on the grounds. Bring teas and other items you may enjoy as you will have access to kitchen facilities.

NOTE: Parking is also somewhat limited at the Conference Center and Dining Room areas so you may choose to walk or ride share if you are staying at the more remote cabins and lodging locations. We ask those staying at the nearby lodges and cabins to park their cars and **not move them until the retreat ends.**

When arriving at Forrest Hills in your car follow the guide signs up the hill past the Forrest Hills office to the **Conference Center to check in at the SRF Retreat information desk in the lobby** for your room key. The **check in time for your room begins at 4PM on Friday. Checkout time is 11:30 AM on Sunday** with lunch and a closing program after room checkout (see retreat schedule).

***In Divine Friendship,
Atlanta Center of Self-Realization***

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