



Yogoda Satsanga Society of India  
Online Dhyana Kendra

# Retreat Guidelines

## Sannyasi-Led One-Day Online Retreat



“ 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

We are very happy that you have taken the opportunity to join us for this special one-day *sannyasi*-led online retreat.

The Yogoda Satsanga Society of India retreatant's pocket companion sums up the best attitude to take while on retreat:

***“During retreat your part is to relax and become receptive to the omnipresent blessings of the Lord. Let go of your outer activities; become receptive to God and let Him be the supreme thought in your mind and the burning desire of your heart.”***

On the following page are some additional suggestions to help you make the most of your retreat.

## PREPARATION

- If appropriate, share with those in your home that you will maintain silence for the duration of the retreat.
- You may wish to select a room for your retreat ahead of time that will be conducive to retreat; fresh air is helpful to remain alert.
- It can be beneficial to choose which electronic device you will use to join the retreat beforehand, so that, if possible, you can turn off notifications, calls and messages on that device to avoid unnecessary distractions.
- Remember to charge the device you will be using the night before.
- If you will be using a mobile device to join the retreat, try to connect your device to a wi-fi network, if one is available, or you may wish to consider purchasing additional data. (Using Zoom on a mobile device for 8 hours can use up to 8-10 GB of data.)
- Getting a good night's rest before the retreat will make it easier to concentrate and go deep in meditation.
- Prepare yourself by reading from Gurudeva's teachings, and mentally setting aside other thoughts and cares, and inwardly turning towards God.

## DURING THE RETREAT

- Strive to maintain silence throughout the retreat.
- If possible, keep your device plugged into a power outlet to keep it charged during the retreat.
- To help you remain interiorized and to keep your thoughts one-pointedly on God, we encourage you to put aside all other activities during the retreat and participate in the full retreat programme, as your circumstances allow.
- Continue in the spirit of the retreat during break times. A few suggested activities include: practising deep breathing while going for a short walk, practising the YSS/SRF Energization Exercises, or reading a selection from Paramahansa Yoganandaji's writings or the YSS/SRF Lessons. [Energization Exercises recording will be played during the break.]

We realize everyone's home circumstances are different, and simply encourage you to apply the spirit of the suggestions given above if it is not possible to follow any of these suggestions literally.



*May the blessings of God and the Gurus be upon you as you offer this time for God alone.*