

## Midwest Kriya Yoga Retreat

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



You are invited to participate in the Midwest Kriya Yoga Retreat. Make the pilgrimage to the beautiful Lake Doniphan retreat center at Excelsior Springs, MO. This is a rare opportunity to sit with the Master of our Kriya Yoga Lineage, Paramahansa Prajnanananda and to experience the divinity within.

This is truly a rare opportunity to spend four days meditating in the serene Lake Doniphan retreat center with our loving teachers.

Please do not wait to reserve your space; send in the enclosed registration form along with the fee as soon as possible to ensure your participation. Space for this retreat is limited to approximately 60. All registrations are on a first-come basis.

Remember “Opportunity must not be neglected, for it may never return.” - *Baba Hariharananda*

Thank You,

KC Kriya Yoga Center



## ***Registration and Consent Form***

This form is for participants to register for the Midwest Kriya Yoga Retreat- Year 2010. Please mail the registration form along with the fee to KC Kriya Yoga Center, 5444 W 129th Ter, Leawood, KS 66209.

The early registration discounted fee is \$350, if full payment is paid by February 28<sup>th</sup>, 2010. Otherwise, the fee is \$375.

You could reserve a space for the retreat with non-refundable deposit of \$50. Please note that this non-refundable deposit does not reserve a space beyond March 31<sup>st</sup>, 2010.

The registration end date is March 31<sup>st</sup>, 2010.

### **REGISTRATION INFORMATION**

Name: \_\_\_\_\_ Gender (M/F): \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Initiated into Kriya Yoga in Paramahansa Hariharananda's lineage by: \_\_\_\_\_  
\_\_\_\_\_ on \_\_\_\_\_.

I am a quiet sleeper.  I snore.  I don't know.

**Registration Fee:** \_\_\_\_\_

Please make check(s) payable to: "**Kriya Yoga Institute**" with "**Midwest Retreat-2010**" on memo.

### **PARTICIPANT CONSENT:**

I hereby waive, release and discharge any and all claims for damages for death, personal injury or property damage which I may have, or which hereafter accrue me, against the Kriya Yoga Institute as a result of my participation in this event. This release is intended to discharge the Kriya Yoga Institute, its centers, trustees, officers, and volunteers, and any public agencies from and against any and all liability arising out of or connected in any way with my participation in the event. I further understand that accidents and injuries can arise out of the event; knowing risks, nevertheless, I hereby agree to assume those risks and to release and to hold harmless all of the persons or agencies mentioned above who might otherwise be liable to me (or my heirs or assigns) for any loss or damages. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. It is the intention of the parties hereto that the provision of this paragraph be interpreted to impose on each party responsibility for their own negligence. I acknowledge that I have been fully informed of the risks and dangers involved in this event. I acknowledge that I have read, agree, and fully understand the above Warning, Waiver, Assumption of Risk and Release of Liability. I further acknowledge and agree that the reasons for my being requested to sign this Release have been fully explained to me and I understand them. I am signing this release of my own free will and I have not been influenced or coerced by any representative or member of Kriya Yoga Institute.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

## *Retreat Schedule (tentative)*

### **Thursday April 29th**

9:00 AM - 10:30 AM Check-in	4:30 PM – 6.00 PM Discourse
11:00 AM Opening Ceremony	6:30 PM – Meditation
11:30 AM - Meditation	8:30 PM – Light Supper
1:00 PM – Lunch	9:15 PM – Prayer Service/Evening Chant
2:00 PM – Rest and Nature Walk	9:45 PM – Retire
4:00 PM – Beverage Break	

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

6:00 AM – Morning Walk	4:00 PM – Beverage Break
6:30 AM – Meditation	4:30 PM – 6:00 PM : Discourse
8:30 AM – Breakfast	6:30 PM – Meditation
9:30 AM – 10:30 AM : Discourse	8:30 PM – Light Supper
11:00 AM – Meditation (1st & 2nd Kriya)	9:15 PM – Prayer Service/Evening Chant
1:00 PM – Lunch	9:45 PM – Retire
2:00 PM – Rest and Nature Walk	

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

6:00 AM – Morning Walk	1:00 PM – Lunch
6:30 AM – Meditation	2:00 PM – Rest
8:30 AM – Breakfast	2.30 PM – Fellowship w/Swami
9:30 AM – 10:30 AM : Discourse	3:00 PM – 4:00 PM : Meditation
11:00 AM – Meditation (1st & 2nd Kriya)	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:** 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.

## Retreat Location

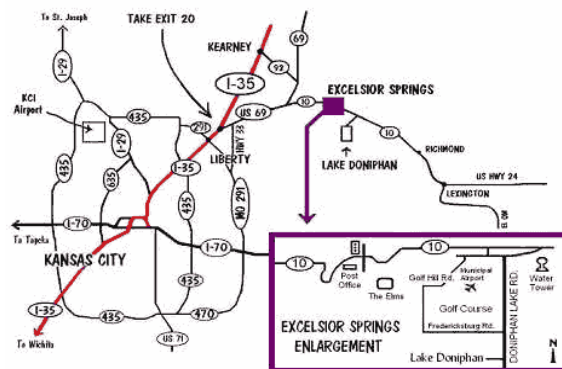


12856 Doniphan Lake Road,

Excelsior Springs, MO 64024

Ph: (816) 630-1523

Lake Doniphan is located only 35 minutes from downtown Kansas City, or the MCI airport.



**Directions:** Please visit <http://www.lakedon.org/reservations/directions/> for directions to Lake Doniphan Retreat Center.

**Transportation Service:** Preferred shuttle services to the retreat location:

Super Shuttle - [supershuttle.com](http://supershuttle.com)

KCI Express Shuttle - [KCIExpressshuttle.com](http://KCIExpressshuttle.com)

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.