



# SPRING TO AUTUMN 2017

## MONTHLY COLLECTIVE YOGA RETREATS & EVENTS

hosted by Sri Aurobindo Sadhana Peetham  
Lodi Ashram, 2621 West Highway 12, Lodi, CA 95242

### April 15th Retreat • MEDITATION AND CONCENTRATION \*

Exploring the topic of meditation and concentration from an Integral Yoga perspective. Facilitated by Karen Mitchell with collaboration from Margaret Phanes and Miguel Alvarez. There will also be regular retreat activities such as meditation, potluck meals, time to connect with others or walk through the garden and a concurrent children's program.

### April 24th • DARSHAN DAY: Mother's Final Arrival in Pondicherry • MONDAY 2:00 PM Flower mandala creation and 8:00 PM special meditation program

### May 20th Retreat • FLOWERS: Their Messages and Meanings \*

Mother has revealed the spiritual qualities of over 900 flowers, many of which bloom in this region. We will be opening ourselves to be receptive to their psychic influence. Facilitated by Dakshina and Tabatha. There will also be a children's program and regular retreat activities such as meditation, karma yoga, etc. **Please bring a bouquet of flowers with you.**

### June 17th Retreat • ART, BEAUTY & NATURE \*

FACILITATED BY THE RETREAT CHILDREN. We will explore this wonderful theme guided by the children. There will be time spent in the garden and a field trip with picnic lunch. We'll also have regular retreat activities such as karma yoga, etc. **Please bring your own sandwich for your picnic lunch with you.**

### July 15th Retreat • FROM THE MANY TO THE ONE \*

Drawing inspiration from the "SOURCING OUR ONENESS" conference that was held in Nainital and Auroville, India, we will explore the theme of Oneness through the medium of the Mother's Symbol. There will also be regular retreat activities such as meditation, karma yoga, free time, children's program, etc.

### August 15th • DARSHAN DAY: Sri Aurobindo's Birthday • TUESDAY 8:00 PM special meditation program

### August 19th Retreat • SILENT RETREAT

Experiencing collective yoga in silence. Cultivating the inner reality that can become more accessible to us in silence, we will explore together a number of practices aimed to awaken our inner senses. Facilitated by John Robert, Kalpana and Jim. There will also be regular retreat activities such as children's program, meditation, karma yoga, free time, etc.

### September 16th Retreat • MAINTAINING YOGIC CONSCIOUSNESS AND PRACTICE IN THE WORLD \*

How can we retain our yogic focus in the midst of our everyday life in the world? This retreat will delve into this question with the help of all participants. Facilitated by Kannappan and Samesh. There will also be regular retreat activities such as meditation, karma yoga, potluck meals, free time to walk the gardens or connect with others, children's program, etc.

\* Unless otherwise noted, retreat activities begin at 9:45 am and usually end about 8:00 p.m.

To register your child for the children's program, which adapts the adult program to kid-friendly activities, email [dolores.gloria@hotmail.com](mailto:dolores.gloria@hotmail.com).

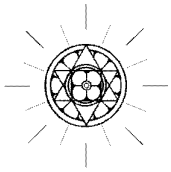
*Things to bring: Work / play clothes, vegetarian pot-luck lunch and a \$10.00 offering. PLEASE ARRIVE EARLY!*



The Ashram also continues to hold nightly meditations at 8:00 pm on Tuesdays, Wednesdays & Thursdays and weekly study groups on Sri Aurobindo & Mother's works on Mondays, Thursdays, Fridays and Saturdays at 7:00 pm.

For further information call 209-339-1342, Ext. 4 (daytime), Ext. 5 (evening)  
— or check the website: [sasp.collaboration.org](http://sasp.collaboration.org)

*Note: If you would like to be on the email list to receive more detailed announcements prior to upcoming retreats, as well as news about other events in the northern California region, contact us at [sasp@auromere.com](mailto:sasp@auromere.com)*



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Phone: 209-339-1342, ext.5 • [sasp@auromere.com](mailto:sasp@auromere.com)

Address Correction Requested

TIME-DATED MATERIAL!

You're invited to a monthly Collective Yoga Retreat  
on the 3rd Saturday of each month



### MAP OF LODI ASHRAM LOCATION

2621 West Highway 12, Lodi, CA 95242

