

# SUMMER 2018 - SPRING 2019

## MONTHLY COLLECTIVE YOGA RETREATS & EVENTS

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



### July 21st Retreat • THE NEXT STEP \*

This month we will participate in a preliminary exploration of conscious transitioning from life to death. We will also have a small memorial for former Ashram resident, Mitra Lamb. There will be the regular retreat activities as usual. *Facilitated by Karen Mitchell, Judith Wright, and Gaia Lamb.*

### August 15th Darshan Day • SRI AUROBINDO'S BIRTHDAY

WEDNESDAY 6:00 AM, MEDITATION IN THE SRI AUROBINDO SYMBOL GARDEN plus EVENING MEDITATION 7:30 pm

### August 18th Retreat/Workshop

#### • SAVITRI: Theme, Structure and Message by Debashish Banerji \*

This month we welcome special guest facilitator, *Debashish Banerji*. This retreat/workshop will explore how Sri Aurobindo uses characters and plot of the ancient legend of Savitri to narrate his central teaching of human and cosmic transformation through the power of yoga and divine intervention. There will also be the regular retreat activities and pot-luck meals, etc.

### September 22nd Retreat • AUROVILLE IMMERSION \*

Joining us this month are Aurovilians: *Bindu, Sauro, Kathy, Suryamayai* and former Int'l Advisory Board member, *Julian* to share different aspects of Auroville life, practice, aspirations and challenges, including Awareness Through the Body sessions. As usual there will be the regular retreat activities and pot-luck meals, etc.

### October 20th Retreat • NATURE AND OUR PLACE IN IT: Land & Region \*

Exploring the land and region that S.A.S.P. sits on, we'll become familiar with flora, fauna and the regional watershed, with the intention of deepening our connection and relation to Mother Earth. Includes regular retreat activities. *Facilitators: John Robert, Gloria and Earl.*

### November 17th Retreat & Darshan Day • DEATH, DYING & BEYOND \*

This retreat will continue the exploration into conscious transitioning from life to death. We will also be marking the special occasion of the Mother's Mahasamdhī Day (the day she left her earthly body). Regular retreat activities will be included. *Facilitators: Linda M. and Kalpana P.*

### November 24th Darshan Day • SIDDHI DAY

SATURDAY, 7:30 PM, SPECIAL MEDITATION PROGRAM

### December 5th Darshan Day • SRI AUROBINDO'S MAHASAMADHI DAY

WEDNESDAY, 7:30 PM, SPECIAL MEDITATION PROGRAM

### December 15th Retreat/Workshop

#### • SPIRITUALITY AND MONEY by Jerry Schwartz \*

This month we are very happy to welcome long time IY practitioner, *Jerry Schwartz*, who is also a certified financial planner and director and financial advisor for the Foundation for World Education. Jerry will be sharing insights into the transmutation of the money power and our own daily practice and attitudes dealing with money. Regular retreat activities such as meditation, children's program, potluck meals, etc. will be included.

### December 31st • NEW YEAR'S EVE

MONDAY, 8:00 PM - MIDNIGHT. This annual event includes movie, group activities, bonfire, Mother's music and calendar distribution. Overnight guests are welcome, but please RSVP well in advance--accommodations limited.

### January 19th Retreat • LODIASHRAM: Our Journey, Reflections and Stories \*

Many of you have participated in the evolving journey of SASP over the past 22 years. We will share our stories, some history and also aspirations for future growth and service. There will also be a concurrent children's program and regular retreat activities such as meditation, study group, karma yoga, time to play or take a walk, connect with others, and enjoy the potluck meals. *Facilitated by Dakshina & Judith.*

### February 16th Retreat • SILENT MIND / QUIET MIND \*

The subject of silence and layers of peace and quietude will be explored individually and collectively. Also includes regular retreat activities. *Facilitated by Nick and Karen M.*

### February 21st Darshan Day • MOTHER'S BIRTHDAY THURSDAY 7:30 PM,

### March 16th Retreat

#### • HIGHER CONSCIOUSNESS AND BUILDING THE INTUITIVE MIND \*

This month we will delve into the subject of the higher levels of consciousness and particularly the levels of what Sri Aurobindo calls the "Intuitive Mind". Includes regular retreat activities. *Facilitated by Deborah & Joachim.*

### April 20th Retreat • INTEGRAL YOGA AND TECHNOLOGY \*

The subject of technology and the increasing role it plays and can play in our practice of Integral Yoga will be explored. Includes regular retreat activities. *Facilitated by Srinī and Deep.*

### APRIL 24th Darshan Day • MOTHER'S FINAL ARRIVAL WEDNESDAY 7:30 PM,

### MAY 18th Retreat • CLASSICAL INDIAN DANCE, MUSIC & YOGA \*

This month will be a joyful delving into the spiritual art of Classical Indian Dance, Music and Yoga. There will be an experiential aspect of collective and individual participation. Includes regular retreat activities. *Facilitated by Debolina, Shree and others.*

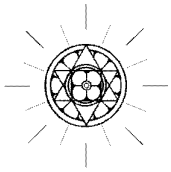
### June 15th Retreat • PLANNING RETREAT AS COLLECTIVE SADHANA \*

Please bring your aspirations, feedback, suggestions and spirit of adventure to this planning retreat, as we will envision together the collective path forward and where we would like to go with the retreats and with our collective sadhana during these monthly gatherings. Regular retreat activities are included.

\* Unless otherwise noted, retreat activities begin at 10:00 am and usually end about 8:00 p.m.  
Things to bring: Work / yoga / 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 and weekly study groups on Sri Aurobindo & Mother's works on Mondays and Fridays at 7:00pm.

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



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

