**ANNUAL 2019-2020**

**MONTHLY COLLECTIVE YOGA RETREATS & EVENTS**

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

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**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.

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**August 17th Retreat • LIFE AND LOVES OF SRI AUROBINDO / Tara’s Independence Day**

This month the focus is on Sri Aurobindo, the phases of his life journey and the great force of Love which he poured into each chapter; also including the coinciding date of India’s Independence and its significance. There will be the regular retreat activities as well, and pot-luck meals, etc. Facilitators: Aseem & Srimati.

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**September 7th & 8th Workshop • WISDOM EAST AND WEST by Debasish Banerji and Robert McDermott**

Delighted to welcome Professor Debasish Banerji and President Emeritus, Professor Robert McDermott of the California Institute of Integral Studies. The workshop will focus on the Ancient Wisdom Texts of East and West. Saturday will focus on Buddha, Upanishad and Gita, while Sunday will focus on Plato’s Republic, and the texts of Aristotle, St. John, St. Augustine and St. Aquinas. Lunch included. Advance registration required.

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**September 21st Retreat • MYSTERY AND SURRENDER • An Integral Journey**

This month we will delve into the Unknown and cultivate the needed faith for the path of Surrender. It will be an experiential retreat. As usual there will also be the regular retreat activities such as meditation, karma yoga, time to play or take a walk, connect with others, and enjoy the potluck meals. Facilitator: Blue.

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**October 19th Retreat • FROM THE SURFACE TO THE PSYCHIC **

*An Integral Journey* This retreat aims to take us out of the surface consciousness and into the Psychic Being. Includes regular retreat activities. Facilitators: Kannapan & Krishna.

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**November 16th Retreat • THREADS OF INTEGRAL YOGA IN AMERICA **

*Plus Awareness Through the Body Special Guest facilitator: Julian Lines*

Very happy to welcome Julian and Wendy Lines from our sister center Matagiri in NY. Julian will give an insightful presentation with historical images and surprising anecdotes on the history of Integral Yoga in America. There will also be a collective session on Awareness Through the Body. Regular retreat activities included.

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**November 17th Mother’s Mahasamadhi Day**

Sunday 7:30 PM  MEDITATION

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**November 24th Darshan Day • SIDDHI DAY**

Sunday 7:30 PM  MEDITATION

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**November 30th Workshop • UPAANISHADS by Debasish Banerji**

This will be the first in a series of workshops on the ancient Indian texts of the Upanishads by Debasish Banerji. Inquire for details. Advance registration required.

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**December 5th Darshan Day • SRI AUROBINDO’S MAHASAMADHI DAY**

Thursday 7:30 PM  SPECIAL MEDITATION PROGRAM to be determined.

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**December 21st Retreat • CLASSICAL INDIAN DANCE, MUSIC & YOGA**

*YOUTH PRESENTATION:* This month will be a joyful and experiential delving into the spiritual art of Classical Indian Dance, Music and Yoga, led by 2 retreat youth. There will be an experiential aspect of collective and individual participation. Includes regular retreat activities. Facilitated by Shree and Neeraja.

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**December 31st • NEW YEAR’S EVE**

Tuesday 8:00 PM - MIDNIGHT  Special program includes movie, group activities, bonfire, Mother’s music and calendar distribution. Overnight guests welcome, but RSVP well in advance as accommodations are limited.

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**January 18th Retreat/Workshop • SPIRITUALITY AND MONEY by Jerry Schwartz**

This month we are very happy to welcome again 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 expand upon the previous workshop re: transmutation of the money power and our personal dealings with money. Regular retreat activities such as meditation, children’s program, potluck meals, etc. will be included.

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**February 15th Retreat • YOGA OF ART**

Welcoming this month special guest, Dave Hutchinson, who will give a presentation on art history: Yoga: The Art of Transformation. There will also be experiential exploration of the colors of the Mother’s Symbol. Regular retreat activities included. Facilitated by Dave Hutchinson and Kalpana S.

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**February 21st Darshan Day • MOTHER’S BIRTHDAY**

Friday 7:30 PM

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**February 29th Golden Day • SUPRAMENTAL BIRTHDAY**

Saturday 7:30 PM  SPECIAL MEDITATION PROGRAM to be determined.

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**March 21st Retreat • SPIRITUALITY AND MONEr by Jerry Schwartz**

Happy to welcome this month author, Lopa Mukherjee. We will explore together this amazing “Language of the Gods”. Will include chanting of Sanskrit slokas and invocations, plus regular retreat activities. Facilitated by Lopa, Kalpana S., and Linda M.

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**April 18th Retreat • ANIMALS AND OUR SPIRITUAL JOURNEY**

*YOUTH PRESENTATION:* Do animals have a role in our spiritual journey? Let’s find out! This experiential retreat is being organized by 2 retreat youth with participation by Ashram members (human and animal). Includes regular retreat activities. Facilitated by Skandha, Neeraja, and Govinda.

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**APRIL 24th Darshan Day • MOTHER’S BIRTHDAY**

Friday 7:30 PM

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**MAY 16th Retreat • EVOLUTION as envisioned by Sri Aurobindo & Mother**

Join us this retreat for an exploration of the topic of evolution, its theory, relevance and practice according to Integral Yoga. Includes regular retreat activities. Facilitated by Karen M. and John Robert.

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**June 20th Retreat • THE GOAL**

Our subject this month is based upon Sri Aurobindo’s piece “The Goal”, written in his small book, Thoughts and Glimpses. There will be a multi-faceted approach through small-group work to unlock the profound wisdom and guidance found within. Regular retreat activities included. Facilitated by Dakshina.

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**July 18th 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.

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**Weekly at 7:30 pm:** Om Choir on Mondays; Study groups on Sri Aurobindo & Mother’s works Wednesdays, Fridays, and Saturdays; Music & Savitri Reading on Sundays

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

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*Unless otherwise noted, retreat activities begin at 10:00 am and usually end about 7:00 p.m.*

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