



2017 U.S. Tour - Meditation Programs & Retreat  
June 22 - July 31



**NORTH CAROLINA JUNE 22 - 28, JULY 20 - 31**

Contacts: Ganesh Place 919-402-8445  
ganeshplace@gmail.com  
www.shivabalamahayogi.com  
Carol 919-624-1932

**CHAPEL HILL, NC JUNE 25**

Triangle Yoga Sunday, June 25 6:30 pm  
930 Martin Luther King Jr. Blvd  
Chapel Hill, NC 27514  
www.triangleyoga.com

**DURHAM, NC  
JUNE 27, JULY 20  
RETREAT JULY 23 - 29**  
*(Retreat info - see page 2)*

Durham Friends Meetinghouse Tuesday, June 27 7 pm  
404 Alexander Avenue  
Durham, NC 27705  
<http://www.quakercloud.org/cloud/durham-friends-meeting>

*Note: Restricted parking. Please see Parking Restrictions for Retreat on page 2.*

Durham Location (TBA) Thursday, July 20 7 pm  
(Call for details)  
Near Carolina Friends School  
(Friends School Rd/Mt Sinai Rd)

**CARRBORO, NC JULY 9**

Carrboro Yoga Company Sunday, July 9 7 pm  
Carr Mill Mall  
200 N Greensboro St  
Carrboro, NC 27510  
www.carrboroyoga.com

**ASHEVILLE, NC JULY 13, 15, 16**

Contacts: Carla 828-299-3246  
carlaflip@gmail.com  
Jana 828-329-9022

Asheville Friends Meetinghouse Thursday, July 13 7 pm  
227 Edgewood Rd  
Asheville, NC 28804  
www.ashevillefriends.org

One Center Yoga Saturday, July 15 6 pm  
120 Coxe Ave, 3rd floor  
Asheville, NC 28801  
www.onecenteryoga.com

Dhyan Mandir, Fairview Sunday, July 16 6 pm  
@ Greg and Carla's  
70 Cedar Mountain Rd  
Asheville, NC 28803  
carlaflip@gmail.com

**WASHINGTON, DC / ROCKVILLE, MD / ARLINGTON, VA JULY 1 - 4**

Contact: Rene 301-593-5855  
shivabalamahayogi.dc@gmail.com

**ROCKVILLE, MD JULY 1**

Thrive Yoga Saturday, July 1 7 pm  
1321B Rockville Pike  
Rockville, MD 20852  
www.thriveyoga.com

**WASHINGTON, DC JULY 2**

Institute for Spiritual Development Sunday, July 2 5 pm  
5419 Sherier Pl NW  
Washington, DC 20016  
www.isd-dc.org

**ARLINGTON, VA JULY 4**

Arlington Metaphysical Chapel Tuesday, July 4 2 pm  
5618 Wilson Blvd  
Arlington, VA 22205  
www.arlingtonmeta.org





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## June 22 - July 31



### MEDITATION RETREAT - DURHAM, NC

JULY 23 - 29

#### RETREAT CHANGES THIS YEAR!

**THE RETREAT WILL START ON SUNDAY EVENING, JULY 23 and end on Saturday, July 29 following the Homa and lunch.**

**Sunday, July 23 7 pm** (to Saturday, July 29 ~2 pm)  
(includes a vegetarian lunch Monday thru Saturday; does not include lodging)

**Saturday, July 29 HOMA 10 am to ~12 pm**  
Sacred ancient fire ceremony. Flowers and fruit for the ceremony are most welcome. Lunch follows and concludes the Retreat.

**ADVANCE REGISTRATION IS REQUIRED.** It is now possible to pay for the Retreat online at [www.shivabalamahayogi.com](http://www.shivabalamahayogi.com) with a credit card or through PayPal. The deadline for online registration is Monday, July 10. Checks will still be accepted if received no later than July 10. It is still necessary to complete the Retreat Registration Form for each attendee (see link on website). We cannot guarantee space without advance registration.

Send completed registration form (and, if paying by check, the full amount made out to **SBY Charitable Trust**) to:

Retreat c/o Paula D'Onofrio  
212 Weldon Ridge Court  
Durham, NC 27705

or scan and email registration to: [padolphin@gmail.com](mailto:padolphin@gmail.com)

<b>Full Retreat</b>	<b>\$350</b>
<b>Day Rate</b>	
<b>Full Day</b>	<b>\$60</b>
Morning only (incl. lunch)	\$35
Evening only	\$25

**MEALS.** A vegetarian lunch will be served Monday thru Saturday. We will not be able to accommodate individual dietary restrictions, but will identify all ingredients in the individual dishes. Dinner will not be provided. Please plan accordingly.

#### Typical Daily Program for Retreat

Meditation (1 hour silent meditation)	9 am
Kirtan/Bhajans (devotional singing)	10 am
Q&A w/Sri Swamiji	11 am
Lunch (vegetarian)	12 pm
Private Darshans w/Sri Swamiji	12-1:30 pm
Break/Rest (venue closed)	2:30-7 pm
Meditation	7 pm
Kirtan	8 pm
Private Darshan w/Sri Swamiji	9-10 pm

#### RETREAT VENUE

**Durham Friends Meetinghouse (DFM)**  
(larger building at the back of the property)  
**404 Alexander Avenue**  
**Durham, NC 27705**  
[www.quakercloud.org/cloud/durham-friends-meeting](http://www.quakercloud.org/cloud/durham-friends-meeting)

#### PARKING RESTRICTIONS. (TOWING STRICTLY ENFORCED)

There are two parking lots on the DFM campus. Parking is permitted ONLY ON THE RIGHT SIDE of the parking lot downhill from the meetinghouse. The left side is reserved for Ronald McDonald House staff and guests.

The small parking lot in front (close to Alexander Ave) will be reserved for Sri Swamiji, the Retreat coordinators, and those individuals with limited mobility.

Parking is permitted Saturday & Sunday (all day) & Monday - Friday (5pm-7am only) at:

Duke Security Lot directly across the street from DFM (watch out for poison ivy among the shrubbery)

Duke's Bynum/Oregon Lot (about 40 ft uphill from DFM turn right on Bynum St. The lot is on the corner of Bynum & Oregon, access from Oregon.

Limited Street Parking on the DFM side of Alexander Ave.

**DO NOT PARK** in the lot downhill from the Duke Security Lot, beside the Episcopal Youth Center or in the lot near the Campus Security Office that fronts on Oregon St.

#### NOTES

The schedule may vary. Attendees should be prompt for all activities.

Ashram rules apply: Modest attire and behavior should be followed. No shorts, halter/tank tops, etc. for women. Arms and legs should be covered.

Seva, or service work, is an important part of the Retreat. Participation in housekeeping chores or special projects is expected of everyone.

#### Contacts and Questions:

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**Carol** 919-624-1932

