

Dear Divine Friends,

We are pleased to inform you that this year's Convocation Retreat will be held from **Monday 3<sup>rd</sup> August to Sunday 9<sup>th</sup> August 2026**, coinciding with the SRF Mother Centre. We will be holding this retreat at the **Ladywell Retreat centre, Ashstead Lane, Godalming, Surrey, GU7 1ST**.

The retreat offers a wonderful opportunity for spiritual renewal, connecting with fellow devotees, and participating in uplifting services. *You can join us for a single day or the entire week*, your presence is warmly welcomed.

Please note, due to time zone differences, most of these services will be recorded, and there will be no monastic presence at the retreat. The programme will follow a similar format to last year's event, which you will find attached below for your reference.

### **Accommodation Options**

*There is no restriction on the number of days you may book*, subject to availability.

Ladywell Retreat Centre offers 23 residential rooms, most of which are twin bedrooms with ensuite bathrooms. To accommodate more attendees, we encourage you to share a twin room with another devotee if possible.

For those living nearby or who prefer their own arrangements, you are welcome to attend as a day delegate with no restriction on the number of days you participate.

### **Registration**

Registration for booking is **now open**, please use the following link to access it: [Convocation Retreat 2026 – Fill in form](#). We encourage you to register early to secure your preferred accommodation.

### **Costs**

The final cost will be a total of:

- 1) Conference room charges and
- 2) Use of the Ladywell centre as residential or day visitor and the meals that you choose to take at the Ladywell Centre.

**CONFERENCE ROOM CHARGES:** Likely to be in the range of £5.00 to £7.00 per person per day.

### **USE OF THE LADYWELL CENTRE:**

- **Residential Attendees:** £95 per person per night, all inclusive. There is an additional *optional charge* of £20 for lunch on the departure day.

- **Day Attendees:** £25 per person per day (lunch only) or £45 per person per day (lunch & supper). If you do not require meals, the cost is £15 per person per day, which covers use of the Centre and refreshments. Please note that Ladywell does not provide breakfast for day guests.

First Day of the retreat (starting at 3:00 pm): £15 per head with supper, £7 per head for use of the Centre and refreshments only.

Last Day of the retreat (Finishing at 12:00 pm): £20 per head with lunch, £7 per head for use of the Centre and refreshments only.

If you have any questions or require further information, please feel free to reach out by emailing [convocationretreat@srf-london.org.uk](mailto:convocationretreat@srf-london.org.uk).

With warm regards and in divine friendship,

Preeti, Lola

Convocation Retreat Committee

## FOR REFERENCE ONLY- CONVOCATION RETREAT 2025 PROGRAMME

### MONDAY

#### KEY to TEXT colours

Conducted Meditation  
Unconducted Meditation

#### Kirtan

Talk, Satsanga

Technique Class

All times shown on this program are BST

#### Meditation Room

Open at all times.

Please keep the silence.

Arrivals from 1:15

#### START OF PROGRAM

3:00 pm Welcome

3:40 pm EEs

4:00 - 7:00 pm BST LIVE  
3 hr Meditation & Kirtan  
SRF Monks' Kirtan Group

7.15 pm DINNER

8:30 - 9:30 pm BST  
"Making Life a Spiritual  
Adventure"  
Bro Satyananda

9:45 pm BST  
Meditation (Unled)

### TUESDAY

6:30 am EEs

6:55 - 7:55 am BST

1 hr Meditation  
Bro Dhyanananda

8.00 am BREAKFAST

9:30 - 10:30 am BST  
Recharging the Body  
with Cosmic Energy.  
Bro Balannanda

11:30 - 12:30 pm BST  
Hong Sau Technique of  
Meditation.  
Sister Brahmani

1.15 pm LUNCH

2:30 - 3:30 pm BST  
Pilgrimage  
Lake Shrine

3:40 pm EEs

4.00-5.00 pm LIVE  
1 hr Meditation  
Sister Sarala

7.15 pm DINNER

8:30 - 9:30 pm  
"The Art of Relaxation:  
Counteracting Stress  
and Experiencing True  
Serenity"  
Bro Govindananda

9:45 pm BST  
Meditation (Unled)

### WEDNESDAY

6:30 am EEs

6:55 - 7:55 am BST

1 hr Meditation  
Bro Vimalananda

8.00 am BREAKFAST

9:30 - 10.30 am BST  
AUM Technique of  
Meditation.  
Bro Devananda

11:30 - 12:30 pm BST  
Pilgrimage  
Mother Centre

1.15 pm LUNCH

2:30 - 3:30 pm BST  
Satsanga  
Sister Karuna

3:40 pm EEs

4:00 - 7:00 pm LIVE  
3 hr Meditation + Kirtan  
Bro Chidananda

7.15 pm DINNER

8:30 - 9:30 pm  
"Manifesting Our  
Noble Ambitions: The  
Creative Power of  
Initiative"  
Bro Kamalananda

9:45 pm BST  
Meditation (Unled)

### THURSDAY

6:30 am EEs

6:55 - 7:55 am BST

1 hr Meditation  
Bro Sakhyananda

8.00 am BREAKFAST

9:30 am BST

FILM

1.15 pm LUNCH

2:30 - 3.30 pm BST  
Satsanga  
Bro. Bhumananda

3:40 pm EE's

4.00-5.00 pm LIVE  
1 hr Meditation  
Sister Yogamayee

7.15 pm DINNER

8:30 - 9:30 pm  
"Becoming Ideal  
Citizens of the  
World"  
Sister Draupadi

9:15 pm BST  
Meditation (Unled)

**FRIDAY****6:30 am EEs****6:55 - 7:55 am BST****1 hr Meditation**

Bro Anantananda

**8.00 am BREAKFAST****9:30 - 10:30 am****Satsanga**

Sister Ranjana

**11:30 - 12:30 pm****Pilgrimage**

Encinitas

**1.15 pm LUNCH****3:40 pm EEs****4.00 - 7.00 pm LIVE****3 hr Guided Meditation**

Sister Dhira

**7.15 pm 1 hr DINNER****8:30 - 9:30 pm****The Role of a Guru in  
One's Spiritual Search**

Bro. Sevananda

**9:45 pm**

Meditation (Unled)

**SATURDAY****6:30 am EEs****6:55 - 7:55 am BST****1 hr Meditation**

Bro Vidurananda

**8.00 am BREAKFAST****9:30-11:00 am****1.5 hr Kirtan**

Nuns' Kirtan Group

**1.15 pm LUNCH****3:40 pm EEs****4.00 - 5.00 pm LIVE****1 hr Meditation**

Sister Jyoti

**7.15 pm DINNER****8:30 - 9:30 pm****Paramahansa  
Yogananda's Kriya  
Yoga Teachings**

Bro Chidananda

**9:45 pm**

Meditation (Unled)

**SUNDAY****6:30 am EEs****6:55 - 7:55 am BST****1 hr Meditation**

Bro Sattvananda

**8.00 am BREAKFAST**

Vacate rooms by

10:00 am

**10:30 - 11:30 am****Creating an Inner****Environment for****Spiritual Progress**

Bro Ritananda

Packing Up

**12.15 pm LUNCH****DEPARTURES**