

Dear Divine Friends,

We are pleased to inform you that this year's Convocation Retreat will be held from **Monday 3rd August to Sunday 9th 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 will open on **1st April 2026**. 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: £15 per head with supper, £7 per head for use of the Centre and refreshments only.

Last Day of the retreat: £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.

We will share additional updates as the retreat approaches.

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**