



Sixth Annual Midwest Regional Meditation Retreat

September 24 - 27, 2009

Wildlife Prairie State Park
3826 North Taylor Road
Hanna City (near Peoria), Illinois 61536
Park Phone: 309-676-0998 (Main)
309-495-6719 (Log Room)

www.wildlifeprairiestatepark.org

Program Agenda

Thursday, September 24, 2009:

6:00-7:00 p.m.	Welcome/Visiting/Getting Acquainted	Rec Room*
7:00-8:00	<u>Informal Pizza Dinner/Retreat Orientation</u>	Rec Room
8:00-9:00	Fellowship/Meditation	Rec Room

Friday, September 25, 2009:

5:00-7:00 a.m.	Meditation	Rec Room*
7:00-7:30	Free-time/Breakfast Set-up	Rec Room
<u>7:30-8:30</u>	<u>Breakfast</u>	Rec Room
8:30-9:00	Freshen-up	
9:00-9:45	Maharaj Ji's DVD	Log Room*
9:45-10:00	Stretch Break	
10:00-11:00	Meditation	Log Room
11:00-12:00	Personal time/Meditate/Visit the Animals	Log Room
<u>12:00-1:00 p.m.</u>	<u>Lunch</u>	Log Room
1:00-2:00	Personal time/Meditate/Visit the Animals	
2:00-3:00	Meditation	Log Room
3:00-3:15	Tea/Coffee Break	Log Room
3:15-4:15	Template Satsang	Log Room
4:15-5:30	Personal time/Meditate/Visit the Animals	
5:30-6:30	High Definition Videos of Master – Rich Seader	Log Room
6:30-7:00	Welcome/Visiting/Getting Acquainted with New Arrivals/Retreat Orientation	Log Room
<u>7:00-8:00</u>	<u>Dinner</u>	Log Room
8:00-9:00	Fellowship/Meditation	Log Room
9:00-10:00	Activity to be determined	TBA

***Rec Room** is in the Lodging area (near Prairie Stables), **Log Room** is in the Visitor Center/Lower Level and **Garden Room** is in the Prairie Hall/Lower Level (first building on the right).

Saturday, September 26, 2009:

5:00-7:00 a.m.	Meditation	Rec Room*
7:00-7:30	Free-time/Breakfast Set-up	Rec Room
<u>7:30-8:30</u>	<u>Breakfast</u>	Rec Room
8:30-9:00	Freshen-up	
9:00-10:30	Workshop: Gratitude —Al & Mary Pomerantz	Garden Room*
10:30-10:45	Break	Garden Room
10:45-11:45	Template Satsang	Garden Room
10:45-11:45	Break Out Sessions—Spanish – Raul Hernandez	Garden Room
11:45-12:00	Prepare for Lunch	Garden Room
<u>12:00-1:00 p.m.</u>	<u>Lunch</u>	Garden Room
1:00-2:30	Personal time/Meditate/Visit the Animals/ Sweet Remembrances of the Masters	Garden Room
2:30-4:00	Workshop: Regaining Our Loving Touch — Harold Berjohn	Garden Room
4:00-4:30	Cookies/Tea/Coffee Break	Garden Room
4:30-5:30	Free time/Walk in the Park/See the Animals	
5:30-6:15	High Definition Videos of Master – Rich Seader	Garden Room
<u>6:15-7:15</u>	<u>Dinner</u>	Garden Room
7:15-8:00	Masters Stories	Garden Room
8:00-9:00	Meditation	Garden Room
9:00-10:00	Activity to be determined	TBA

Sunday, September 27, 2009:

5:00-7:00 a.m.	Meditation	Rec Room*
7:00-7:30	Free-time/Breakfast Set-up	Rec Room
<u>7:30-8:30</u>	<u>Breakfast</u>	Rec Room
8:30-9:00	Freshen-up	
9:00-10:00	Meditation	Log Room*
10:00-10:15	Break	
10:15-11:45	Workshop: Strength of Character/Gentleness of Disposition —Sam Pletcher	Log Room
11:45-12:00	Prepare for Lunch	Log Room
<u>12:00-1:30</u>	<u>Lunch/Closing Comments/Announcements</u>	Log Room

***Rec Room** is in the Lodging area (near Prairie Stables), **Log Room** is in the Visitor Center/Lower Level and **Garden Room** is in the Prairie Hall/Lower Level (first building on the right).

Lodging: The lodging accommodations are located about 1/2 mile from the Log Room and Garden Room (meeting/ dining room in the Visitor Center and the Prairie Hall respectively). The lodging room charges before taxes are:

<u>(4) Caboozes:</u>	\$ 80 for 2, \$10PP extra, 4-5 maximum each
<u>(5) Prairie Stables:</u>	\$ 90 for 2, \$10PP extra, 4 maximum each (No microwave)
<u>(1) Outback:</u>	\$ 90 for 2, \$10PP extra, 3 maximum each
<u>(2) Cottages:</u>	\$100 for 2, \$10PP extra, 3 maximum each
<u>(1) Double Cottage:</u>	\$120 for 4, \$10PP extra, 8 maximum each (No microwave)
<u>(1) Cabin on the Hill:</u>	\$125 for 2, \$10PP extra, 4-6 maximum each

Note: All lodging prices are \$10 less on Thursday (Cabin on the Hill is \$25 less).

All rooms have a small refrigerator, a coffee maker and a microwave oven. Please make your room reservations directly with the Park office (309-676-0998). A block of rooms is being held for **Science of Spirituality through Monday, September 7th**. When making your room reservation, be sure to ask for a mailed confirmation and a Park brochure. Park information, including a map, will be given to you when you arrive at the Park Main Gate entrance.

For anyone arriving in the evening, the Main Gate will be closed at 6:30 p.m. except at 10:00 p.m. on Saturday. You will be informed if the schedule changes for the Main Gate to be open late on Thursday or Friday. The Main Gate will open at 9:00 a.m. on Friday/Saturday/Sunday for morning arrivals. For lodging or program arrivals outside the above hours, obtain entrance information from the Park office (309-676-0998). Please contact Suraaj Bhatia or Harold Berjohn prior to arrival if you need additional information for the Park entrance outside the regular hours, etc. (phone numbers are listed below on this page for Suraaj and Harold and on top of page 1 for the Park & the Log Room – there is no phone in the Garden Room).

Meal Menu: The menu details and prices are listed on the form. Water, hot tea and coffee will be available all the time.

Thursday Dinner: Pizza, salad, and soda

Friday Lunch: Vegetarian chili, shredded cheese (regular and vegan), salad and crackers

Friday Dinner: Potato Bar, cheese, onions, broccoli, salsa, salad and sorbet

- Friday afternoon: Cookies, tea and coffee

Saturday Lunch: Veggie Burgers, baked beans, Chinese cabbage salad and fruit salad

- Saturday afternoon: Cookies, tea and coffee

Saturday Dinner: Fiesta buffet w/refried beans, Spanish rice, tortillas, cheese, lettuce, tomato, onion and salsa

Sunday Lunch: Tomato basil soup, sandwich bar, crackers and condiments

We are very price conscious and the Peoria Sangat will cover the cost of the Thursday dinner, all the breakfasts, meeting rooms and tea/ Chai/coffee/ cookies. Furthermore, we will be very happy to assist with the cost of meals and the room if anyone has a need. Please feel free to let us know so that the retreat can be affordable for all with Master's grace.

Contacts: Suraaj Bhatia, 309-692-7271 (Home), 309-648-5009 (Cell)
Harold Berjohn, 309-692-4250 (Home), 309-648-9253 (Cell)

**Science of Spirituality
Midwest Regional Meditation Retreat, Peoria, IL
September 24-27, 2009**

**Registration Form
(There is no Cost for Registration!)**

Name(s): _____ (Date)

Address: _____
(Street) (City) (State) (Zip Code)

Phone: _____
(Day) (Evening) (Cell) (Email address)

Please check all that apply so that we can plan for your participation:

I/We will be attending:

- Thursday, September 24th
- Friday, September 25th
- Saturday, September 26th
- Sunday, September 27th

I/We will be staying:

- Thursday night
- Friday night
- Saturday night

Please fill in the number of meals needed:

_____ Thursday Dinner	(No cost)	_____ Saturday Breakfast	(No cost)
_____ Friday Breakfast	(No cost)	_____ Saturday Lunch (\$11)	\$ _____
_____ Friday Lunch (\$11)	\$ _____	_____ Saturday Dinner (\$15)	\$ _____
_____ Friday Dinner (\$15)	\$ _____	_____ Sunday Breakfast	(No cost)
		_____ Sunday Lunch (\$11)	\$ _____

Vegan: _____ Yes, _____ No Total (\$63) \$ _____

I would like assistance to arrange in sharing the lodging.

I would like some assistance to help offset the cost of meals.

Please return the completed Registration Form by email (pbhatia@uic.edu) and your payment for meals (payable to Science of Spirituality) as soon as possible to reach before Monday, September 7, 2009 to:

**Suraaj Bhatia, 828 W. Butterfield Drive, Peoria, IL 61614
Phone: 309-692-7271 (Home); 309-648-5009 (Cell)**

Directions to the Wildlife Prairie State Park, Peoria IL

(The Park is located 10 miles west of Peoria & 2-1/2 miles south of I-74)

Going on I-74 West to Peoria:

-After going through Peoria, take exit #82 for Taylor Road & turn left

-Go 2-1/2 miles and turn left at the Main Gate entrance, and follow the directions received at the Main Gate

Note: For after hour entrance, enter from the Service Gate on the left using the code.** This gate is located 50 feet after the main gate.

Going on I-74 East to Peoria:

-Before getting to Peoria, take exit #82 for Taylor Road & turn right

-Go 2-1/2 miles and turn left at the Main Gate entrance, and follow the directions received at the Main Gate

Note: For after hour entrance, enter from the Service Gate on the left using the code.** This gate is located 50 feet after the main gate.

If you would like complete Park information including a copy of the Park map, please go to the website: www.wildlifeprairiestatepark.org, or contact Harold Berjohn at: 309-692-4250 (Home), 309-648-9253 (Cell).

****After hours code will be available closer to the start of the Retreat.**