

**W**elcome to the Siddha Yoga Meditation Centre in Toronto. Siddha Yoga Meditation is an ancient spiritual tradition passed on through a lineage of Self-realized masters known as Siddhas, or perfected ones. Swami Chidvilasananda, also known as Gurumayi, is the living head of this lineage. Siddha Yoga welcomes everyone with respect and love.

### Regular Satsangs

*Sunday mornings – 10:30 to 12:00 Noon apart from first Sunday of the month 11.30 to 1.00pm (Note: there will be no Satsang on Sunday, July 9<sup>th</sup>)*

Satsang means “the company of the Truth”. These satsangs include the Siddha Yoga practices of chanting and meditation, as well as listening to the Guru’s words through readings and recorded talks. Each satsang helps us to incorporate the teachings of Siddha Yoga in our daily lives.

### Shri Guru Gita

*First Sunday morning of each month 9:30 to 11:00 AM*

Shri Guru Gita is an ancient Sanskrit hymn describing the Guru-disciple relationship and its supreme role in the attainment of Self-realization. Called the one indispensable text of Siddha Yoga, Shri Guru Gita or “Song of the Guru” is chanted daily in Siddha Yoga ashrams, and regularly in centres and homes of Siddha Yoga students worldwide.

### Monthly Meditation Sessions Via webcast

These sessions are on a Sunday morning where listed, a perfect way to engage with Gurumayi’s Message for 2017. Registration required.

### Family Satsangs

*Sundays where listed:  
Time: 12:30 to 2:00 PM*

**Family Satsangs** are especially for young people and families. In this satsang Siddha Yogis of all ages do the practices and share their experiences together.

## Siddha Yoga Events

**Gurupurnima** – The full moon of the Guru; its luminous brilliance and perfect form are seen as expressions of the Guru’s gift of grace and the attainment of Self-realization. We offer our gratitude on *Saturday, July 8<sup>th</sup>; 6:30 to 8:00 PM (the actual day)*

**Bhagavan Nityananda’s Punyatithi** – This is the anniversary of the day Bhagavan Nityananda, Baba Muktananda’s Guru, merged with divine consciousness. His spiritual merit is bestowed upon those who remember him on his Punyatithi. We will celebrate on *Sunday, August 6<sup>th</sup>; 11:30 to 1:00 PM*

**Baba Muktananda’s Divya Diksha** – The day Swami Muktananda received divine initiation from his Guru. “The most auspicious of all auspicious days”, *Sunday, August 13<sup>th</sup>; 10:30 to 12:00 Noon*

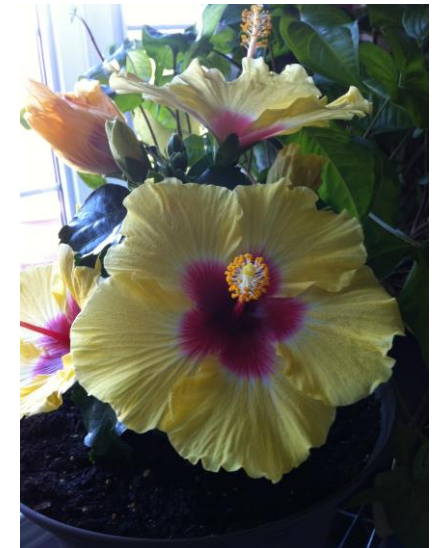
**Baba Muktananda’s Mahasamadhi** – The final merging of a great being with the Absolute. On this day we honour this great Siddha with thanks for bringing Siddha Yoga Meditation to the world. *Sunday, October 1<sup>st</sup>; 11:30 to 1:00 PM*

Canadian site: [www.siddhayoga.ca](http://www.siddhayoga.ca)  
Global Site: [www.siddhavoga.org](http://www.siddhavoga.org)

2017 SYDA Foundation No part of this material may be reproduced without written permission.  
(Swami) MUKTANANDA, (Swami) CHIDVILASANANDA, GURUMAYI, SIDDHA YOGA and SIDDHA MEDITATION, A SWEET SURPRISE are registered trademarks of SYDA Foundation®

## Siddha Yoga Meditation Centre in Toronto

### Calendar of Events July to December 2017



Siddha Yoga Meditation Centre in Toronto  
2045 Dufferin Street, Suite #306  
Toronto, On, M6E 3R4  
(416) 536-3606

## July

Sun 2	Shri Guru Gita 9:30 – 11:00 AM
	Satsang 11:30 – 1:00 PM
Sat 8	Gurupurnima Celebration Satsang 6:30 – 8:00 PM
Sun 9	No Satsang
Sun 16	Meditation Session V: 10:30 – 11:45 AM approx. Audio Webcast (registration required)
Sun 23	Satsang 10:30 – 12:00 Noon
Sun 30	Satsang 10:30 – 12:00 Noon

## August

Sun 6	Shri Guru Gita 9:30 – 11:00 AM
	Bade Baba's Punyatithi Celebration Satsang 11:30 – 1:00 PM
Sun 13	Baba Muktananda's Divya Diksha Celebration Satsang 10:30 – 12:00 Noon
Sun 20	Satsang 10:30 – 12:00 Noon
Sun 27 <sup>th</sup>	Meditation Session VI: 10:30 – 11:45 AM approx. Audio Webcast (registration required)

## September

Sun 3	Shri Guru Gita 9:30 – 11:00 AM
	Satsang 11:30 – 1:00 PM
Sun 10	Satsang 10:30 – 12:00 Noon
Sun 17	Satsang 10:30 – 12:00 Noon
	Family Satsang 12:30 – 2:00 PM
Sun 24	Meditation Session VII: 10:30 – 11:45 AM approx. Audio Webcast (registration required)

## October

Sun 1	Shri Guru Gita 9:30 – 11:00 AM
	Baba Muktananda's Mahasamadhi Celebration Satsang 11:30 – 1:00 PM
Sun 8	Satsang: Shaktipat Intensive Preparation 10:30 – 12:00 Noon
Sun 15	Satsang: Audio Webcast Pratimilana – <i>Merging with the Self</i> The Significance of the Siddha Yoga Shaktipat Intensive 10:30 – 12:00 Noon
	Family Satsang 12:30 – 2:00 PM
Sat 21	GLOBAL SHAKTIPAT INTENSIVE in Honour of Baba Muktananda's Mahasamadhi (registration required)
Sun 22	Shri Guru Gita 10:30 – 12:00 Noon
Sun 29	Satsang 10:30 – 12:00 Noon

## November

Sun 5	Shri Guru Gita 9:30 – 11:00 AM
	Satsang 11:30 – 1:00 PM
Sun 12	Satsang: Reflection Satsang 10:30 – 12:00 Noon
Sun 19	Satsang: Home Study Course 10:30 – 12:00 Noon
	Family Satsang 12:30 – 2:00 PM
Sun 26	Satsang 10:30 – 12:00 Noon

## December

Sun 3	Shri Guru Gita 9:30 – 11:00 AM
	Satsang: Preparation for <i>A Sweet Surprise</i> – Gurumayi's Instructions on Posture and Breathing 11:30 – 1:00 PM
Sun 10	Satsang 10:30 – 12:00 Noon
Sun 17	Satsang: Preparing to Receive Gurumayi's Message – The Power of Listening to Learn – The Power of Learning to Listen 10:30 – 12:00 Noon

*The Toronto Centre will be closed from Monday, December 18<sup>th</sup> up to and including Sunday, December 31<sup>st</sup> and will reopen on January 1<sup>st</sup> 2018 with A Sweet Surprise*