

**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 the first Sunday of each month – 11:30 to 1:00 PM. (Note: there will be No Regular Satsang where Meditation Sessions are listed)*

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 2018. 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 participate in the practices and share their experiences together.

## Siddha Yoga Events

The GLOBAL SIDDHA YOGA Audio Satang for New Year’s Day 2018 *A Sweet Surprise – Begin the New Year by receiving Gurumayi’s Message for 2018. Monday, January 1<sup>st</sup>; 10:00 AM to 1:15 PM approximately (registration required)*

**Mahashivaratri** – On this night of Shiva we honour God within us by chanting the great mantra of the Siddha Lineage, Om Namah Shivaya, which means, “I honour my own inner Self”. Each repetition is said to equal the merit of a thousand repetitions. *Sunday February 11<sup>th</sup>; 10:30 to 12:00 PM*

**MUKTANANDA DHYANA SAPTAH: A Siddha Meditation Event** – This is a one-day event designed for Siddha Yoga students who have established a regular meditation practice and can meditate for extended periods of time. It is a rare opportunity to spend a day in silence, focused fully on the practice of meditation. *Saturday April 14<sup>th</sup> 9:00 AM – 6:00 PM (registration required)*

**Swami Muktananda’s Birthday** - May is known as “Baba’s month” when we celebrate, joyously giving thanks for his gift of the Siddha Yoga path. We rejoice with two events: **Celebration Satsang, Sunday, April 29<sup>th</sup>; 10:30 to 12:00 Noon** And with: **The Global SIDDHA YOGA Audio Satsang, Sunday, May 27<sup>th</sup>; 1:00 to 3:30 PM (registration required)**

**Gurumayi Chidvilasananda’s Birthday** – We spend this day honouring our Guru, Gurumayi Chidvilasananda, head of the Siddha Yoga lineage. It is a day to celebrate the rare presence on earth of a living Guru – one who awakens the spiritual energy of seekers and lovingly guides them in their spiritual practice. *Sunday, June 24<sup>th</sup>; 10:30 to 12 Noon*

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

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# Siddha Yoga Meditation Centre in Toronto

## Calendar of Events January – June 2018



Siddha Yoga Meditation Centre in Toronto  
2045 Dufferin Street, Suite #306  
Toronto, Ontario, M6E 3R4  
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## January

Mon 1	<b>GLOBAL SIDDHA YOGA Audio Satsang For New Year's Day 2018 A Sweet Surprise 10:00 AM -1:15 PM Approximately</b>
Sun 7	<i>Shri Guru Gita</i> 9:30 – 11:00 AM  Satsang 11:30 – 1:00 PM
Sun 14	Satsang 10:30 – 12:00 Noon
Sun 21	Satsang 10:30 – 12:00 Noon
Sun 28	Satsang 10:30 – 12:00 Noon

## February

Sun 4	<i>Shri Guru Gita</i> 9:30 – 11:00 AM  Satsang 11:30 – 1:00 PM
Sun 11	<b>Mahashivaratri Celebration Satsang 10:30 – 12:00 Noon</b>  <b>Family Satsang</b> 12:30 – 2:00 PM
Sun 18	Satsang 10:30 – 12:00 Noon
Sun 25	Satsang 10:30 – 12:00 Noon

## March

Sun 4	<i>Shri Guru Gita</i> 9:30 – 11:00 AM  Satsang 11:30 – 1:00 PM
Sun 11	Satsang 10:30 – 12:00 Noon  <b>Family Satsang</b> 12:30 – 2:00 PM
Sun 18	Satsang 10:30 – 12:00 Noon
Sun 25	<b>Meditation Session I: 10:30 – 11:45 approx. Audio Webcast (registration required)</b>

## April

Sun 1	<i>Shri Guru Gita</i> 9:30 – 11:00 AM  Satsang 11:30 – 1:00 PM
Sun 8	Satsang 10:30 – 12:00 Noon  <b>Family Satsang</b> 12:30 – 2:00 PM
Sat 14	<b>MUKTANANDA DHYANA SAPTAH: A Siddha Meditation Event 9:00 AM – 6:00 PM (registration required)</b>
Sun 15	<b>Meditation Session II: 10:30 – 11:45 approx. Audio Webcast (registration required)</b>
Sun 22	Satsang 10:30 – 12:00 Noon
Sun 29	<b>Baba Muktananda's Lunar Birthday Celebration Satsang 10:30 –12:00 Noon</b>

## May

Sun 6	<i>Shri Guru Gita</i> 9:30 – 11:00 AM  Satsang 11:30 – 1:00 PM
Sun 13	Satsang 10:30 – 12:00 Noon
Sun 20	<b>Meditation Session III: 10:30 – 11:45 approx. Audio Webcast (registration required)</b>
Sun 27	Satsang 10:30 – 12:00 Noon  <b>The Global SIDDHA YOGA Audio Satsang in celebration of Baba Muktananda's Birthday 1:00 – 3:30 PM (registration required)</b>

## June

Sun 3	<i>Shri Guru Gita</i> 9:30 – 11:00 AM  Satsang 11:30 – 1:00 PM
Sun 10	<b>Meditation Session IV: 10:30 – 11:45 approx. Audio Webcast (registration required)</b>  <b>Family Satsang</b> 12:30 – 2:00 PM
Sun 17	Satsang 10:30 – 12:00 Noon
Sun 24	<b>Gurumayi Chidvilasananda's Birthday Celebration Satsang 10:30 – 12:00 Noon</b>