

SCHEDULE OF ACTIVITIES

JANUARY

Tues. 1 *Shri Guru Gita*: 7:00 - 8:00 a.m.

Tues. 1 Sweet Surprise® 2019* Live Stream:
9:50 a.m.

Sun. 6 Satsang: 10:30 a.m.-12:00 p.m.

Sat. 12 Satsang: 7:30 - 9:00 p.m. (dinner: 5:45 p.m.)

Sun. 13 *Shri Guru Gita* cancelled

Sun. 13 Sweet Surprise® 2019* webcast 10:00 a.m.

Sat. 19 Satsang: 7:30 - 9:00 p.m.

Sat. 26 Family Satsang: 10:30 - 11:45 a.m.

Sat. 26 Satsang: 7:30 - 9:00 p.m.

FEBRUARY

Dim. 3 **Introduction to Siddha Yoga® Meditation**
10:30 a.m. - 12:00 p.m.

Sat. 9 **Day of Siddha Yoga® Practices:**
8:00 a.m. - 4:00 p.m.

Sat. 9 Satsang cancelled (dinner cancelled)

Sat. 16 **Siddha Yoga Meditation® Session I***
10:30 - 11:45 a.m.

Sat. 16 Satsang: 7:30 - 9:00 p.m.

Sat. 23 Family Satsang: 10:30 - 11:45 a.m.

Sat. 23 Satsang: 7:30 - 9:00 p.m.

MARCH

Sun. 3 *Shri Guru Gita*: 10:30 a.m. - 12:00 p.m.

**Mon. 4 Siddha Yoga® Celebration Satsang in honour
of Mahashivaratri** 7:30 - 9:00 p.m.

Sat. 9 **Siddha Yoga Meditation® Session II***
10:30 - 11:45 a.m.

Sat. 9 Satsang: 7:30 - 9:00 p.m. (dinner: 5:45 p.m.)

Sat. 16 Satsang: 7:30 - 9:00 p.m.

Sat. 23 Satsang: 7:30 - 9:00 p.m.

Sat. 30 Family Satsang: 10:30 - 11:45 a.m.

Sat. 30 Satsang: 7:30 - 9:00 p.m.

APRIL

Sat. 6 *Shri Guru Gita* cancelled

**Sat. 6 Muktananda Dhyana Saptah®: A Siddha
Meditation Event*** 9 a.m. - 6 p.m.

SCHEDULE OF ACTIVITIES

Sun. 7 Satsang: 10:30 a.m. - 12:00 p.m.

Sat. 13 **Siddha Yoga Meditation® Session III***
10:30 - 11:45 a.m.

Sat. 13 Satsang: 7:30 - 9:00 p.m. (dinner: 5:45 p.m.)

Sun 14. *Shri Guru Gita*: 8:00 - 9:00 a.m.

Sun. 14 Community meeting: 10:30 a.m. - 12:00 p.m.

Sat. 20 Satsang: 7:30 - 9:00 p.m.

Sat. 27 Family Satsang: 10:30 - 11:45 a.m.

Sat. 27 Satsang: 7:30 - 9:00 p.m. .

MAY

Sun. 5 Satsang: 10:30 a.m. - 12:00 p.m.

Sat. 11 **Siddha Yoga Meditation® Session IV***
10:30 - 11:45 a.m.

Sat. 11 Satsang: 7:30 - 9:00 p.m. (dinner: 5:45 p.m.)

**Sat. 18 Siddha Yoga® Celebration Satsang in Honour
of Baba Muktananda's Birthday** 7:30 - 9:00
p.m.

Sat. 25 Family Satsang: 10:30 - 11:45 a.m.

Sat. 25 Chanting and meditation evening:
7:30 - 9:00 p.m.

**Sun. 26 Siddha Yoga® Audio Satsang in Celebration of
Baba Muktananda's Birthday*** 9:30 a.m. - 12:30
p.m

JUNE

Sun. 2 Satsang: 10:30 a.m. - 12:00 p.m.

Sat. 8 **Siddha Yoga Meditation® Session V***
10:30 - 11:45 a.m.

Sat. 8 Satsang: 7:30 - 9:00 p.m. (dinner: 5:45 p.m.)

Sat. 15 Satsang: 7:30 - 9:00 p.m.

Sat. 22 Chanting and meditation evening:
7:30 - 9:00 p.m.

Mon. 24. *Shri Guru Gita*: 8:00 - 9:00 a.m.

**Mon. 24 Siddha Yoga® Celebration Satsang in Honour
of Gurumayi's Birthday** 10:30 a.m. - 12 p.m.
Dinner: 12:00 p.m.

Sat. 29 **Siddha Yoga Meditation® Session VI***
10:30 - 11:45 a.m.

Sat. 29 Family Satsang: time to be announced

Sat. 29 Satsang cancelled, (Summer break)

SCHEDULE OF ACTIVITIES

SUMMER BREAK (JULY AND AUGUST)

During the Summer the Centre will only be open for Celebration Satsangs and for *Shri Guru Gita*.

During the week of the **Siddha Yoga Sadhana Retreat** held from July 8th to 13th, all regular activities at the Centre will be cancelled.

The Centre will not be offering regular Saturday or Sunday Satsangs during the months of July and August. Satsangs will resume on Saturday, September 7th.

JULY

Monday, July 8th to Saturday, July 13th
Siddha Yoga® Sadhana Retreat*
**Immerse Yourself in Gurumayi's Message for
2019**

Sun 7 *Shri Guru Gita* cancelled

Sat. 13 *Shri Guru Gita* cancelled

Sun. 14 *Shri Guru Gita*: 10:30 a.m. - 12:00 p.m.

**Tues. 16 Siddha Yoga® Celebration Satsang in Honour
of Gurupurnima 7:30 - 9:00 p.m.**

Sat. 27 Family Satsang: 10:30 - 11:45 a.m.

AUGUST

**Sun. 4 Siddha Yoga® Celebration Satsang in Honour
of Bhagawan Nityananda's Punyatithi 10:30
a.m. - 12:00 p.m.**

Sat. 10 **Siddha Yoga Meditation® Session VII***
10:30 - 11:45 a.m.

**Sun. 18 Siddha Yoga® Celebration Satsang in Honour
of Baba Muktananda's Divya Diksha
10:30 a.m. - 12 p.m.**

Sat. 31 Family Satsang: 10:30 - 11:45 a.m.

HOW TO CONTACT US

Siddha Yoga® Meditation Centre in Montreal

911 Jean-Talon Street East, suite 220,
Montreal, (Quebec) H2R 1V5

Tel.: 514 735-4494

Email address: centre_montreal@siddhayoga.ca

By public transportation: Metro station Jean-Talon exit St-Hubert/Jean-Talon. Walk 200 feet towards the east. Or by Bus #93.

At the door to the Centre: Please dial #220. Once someone has answered and you see "porte principale ouverte" displayed on the screen, you can open the door. Take elevator or the stairs to the second floor.

Bookstore: The bookstore is open on Satsang evenings and weekend mornings.

Tel.: 514 735-4494

International website of the Siddha Yoga® Path
www.siddhayoga.org

Siddha Yoga® Canada website
www.siddhayoga.ca

On the SYD Canada website you can find the location of the Siddha Yoga Meditation Centres and Chanting and Meditation groups across Canada as well as the full schedule of the Siddha Yoga Meditation Centre in Montreal.

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REGULAR SCHEDULE

SHRI GURU GITA

Shri Guru Gita will be chanted from Thursday to Sunday.

THURSDAY AND FRIDAY

6:15 a.m. Meditation
7:00 - 8:15 a.m. *Shri Guru Gita*

SATURDAY

7:15 a.m. Meditation
8:00 - 9:15 a.m. *Shri Guru Gita*
9:30 a.m. Breakfast

Sunday THE 2ND, 3RD AND 4TH SUNDAY OF THE MONTH

9:45 a.m. Meditation
10:30 a.m. - 12 p.m. *Shri Guru Gita*

Please check the section "Schedule of Activities" for any modifications concerning *Shri Guru Gita* or dinners.

SATSANG

THE FIRST SUNDAY OF THE MONTH

10:00 a.m. Orientation for new Siddha Yoga seekers
10:30 a.m. - 12 p.m. Satsang

THE 2ND, 3RD AND 4TH SATURDAY OF THE MONTH

7:00 p.m. Orientation for new Siddha Yoga seekers
7:30 - 9:00 p.m. Satsang

THE SECOND SATURDAY OF THE MONTH

5:45 p.m. Dinner (Registration by email or phone before the previous Thursday)

FAMILY SATSANGS

The last Saturday of the month

A Family Satsang to which families, children and young adults are invited takes place the **last Saturday** of every month from 10:30 - 11:45 a.m. For information please contact: tp-mtl@siddhayoga.ca

SIDDHA YOGA® MEDITATION CENTRE IN MONTREAL

CALENDAR OF ACTIVITIES JANUARY TO AUGUST 2019

SIDDHA YOGA®

Siddha Yoga is a spiritual path of discipline, of mastering the mind and senses through learning and practices which lead to the awareness of inner consciousness, source of love and joy. This path illuminated by grace is sustained by spiritual teachings and practices such as chanting and meditation.

Siddha Yoga practices and study are guided by meditation master and teacher Gurumayi Chidvilasananda. Gurumayi, the spiritual head of the Siddha Yoga path, teaches students to live in the awareness of the inner Self so that they can transform themselves as well as the world in which they live.

The Siddha Yoga Path was founded by Gurumayi's predecessor and Guru, Swami Muktananda, who is known affectionately as Baba. Before him was the great Master and saint Bhagawan Nityananda.

SATSANG

The term *satsang* means, "to be in the company of the Truth". On these evenings we chant and meditate together. We also listen to Siddha Yoga readings and teachings, as well as sharings of personal experiences.

SHRI GURU GITA

Shri Guru Gita is a hymn which honours the Guru and describes the Guru-disciple relationship. It is chanted every day in Siddha Yoga® Meditation centres and ashrams around the world.

INTRODUCTION TO SIDDHA YOGA® MEDITATION®

Sunday, February 3, 10:30 a.m. - 12:00 p.m.

Meditation is one of the core spiritual practices on the Siddha Yoga path. Meditation brings out the joyful and positive qualities of the mind, and makes the mind strong. Siddha Yoga meditation also puts us in touch with the very core of who we are. This special event will be led by a Siddha Yoga meditation teacher who will guide you in exploring the practice of Siddha Yoga meditation. In this event, especially designed for those new to meditation, you will be guided through each aspect of Siddha Yoga meditation, including posture, breath, and mantra.

SWEET SURPRISE® SATSANG 2019

Sweet Surprise® 2019*

Tuesday, January 1, live stream at 9:50 a.m.

This event will be offered via webcast a second time on January 13 at 10:00 a.m.

Every year, Siddha Yogis around the world gather to welcome the New Year by participating in *Sweet Surprise Satsang*. In this satsang, Gurumayi Chidvilasananda imparts the Siddha Yoga study theme to guide her students for the year ahead.

THE SIDDHA YOGA® AUDIO SATSANG

Siddha Yoga® Audio Satsang in Celebration of Baba Muktananda's Birthday*

Sunday, May 26, 9:30 a.m. - 12:30 p.m.

In Siddha Yoga the month of May is dedicated to Baba Muktananda. Every year, Siddha Yoga students celebrate Baba's birthdays with an Audio Satsang in his honour. In this satsang participants study a teaching given by Baba Muktananda and gain further insights into Gurumayi's Message for the year.

MUKTANANDA DHYANA SAPTAH®: A SIDDHA MEDITATION EVENT*

Muktananda Dhyana Saptah®: A Siddha Meditation Event*

Saturday, April 6, 9:00 a.m. - 6:00 p.m.

The Muktananda Dhyana Saptah is a day-long event designed for Siddha Yoga students who have established a regular practice of meditation and are able to meditate for sustained periods. It is a rare opportunity to spend the day in silence, devoted fully to the practice of meditation. The schedule consists of a succession of prolonged meditations, reflexion on the teachings of Gurumayi Chidvilasananda and Baba Muktananda, chanting the Siddha Yoga mantra, and practicing silence.

SIDDHA YOGA® CELEBRATIONS

Siddha Yoga celebrations are a time to celebrate the Gurus and the abundant spiritual legacy of the Siddha Yoga path, a time to express our gratitude and refresh our commitment to our daily spiritual practices.

Siddha Yoga® Celebration Satsang in honour of Mahashivaratri

Monday, March 4, 7:30 -9:00 p.m.

On the Siddha Yoga path, Shiva is the supreme power that is our true Self, the power of divine Consciousness that becomes all creation. During the Mahashivaratri celebration we honour this supreme power by chanting the mantra *Om Namah Shivaya*, which means "I honour Shiva, the supreme Self of all." Traditionally, it is said that a single repetition of the mantra during Mahashivaratri carries the power of one thousand repetitions.

Siddha Yoga® Celebration Satsang in Honour of Baba Muktananda's Birthday*

Saturday, May 18, 7:30 -9:00 p.m.

Baba Muktananda dedicated his life to the ultimate goal of the Siddha Yoga path: the realization of God. Through the grace of his guru, Bhagavan Nityananda, and his own steadfast effort, he attained and lived in the state of bliss. Baba generously shared his inner joy and his profound knowledge with the whole world. He transformed the lives of numerous seekers by bestowing *Shaktipat* initiation, the awakening of *Kundalini Shakti* (the spiritual energy).

Siddha Yoga® Celebration Satsang in Honour of Gurumayi's Birthday*

Monday, June 24, 10:30 a.m. to 12:00 p.m.

On this occasion the Siddha Yogis around the world celebrate the birthday of our spiritual master Gurumayi Chidvilasananda. On this great day we express our gratitude for the awakening we have received by the Guru's grace, and for how much we value the compassion, clarity and strength with which Gurumayi constantly imparts the knowledge of the Self.

SIDDHA YOGA® CELEBRATIONS

Siddha Yoga® Celebration Satsang in Honour of Gurupurnima

Tuesday July 16, 7:30 to 9:00 p.m.

The full moon of the month of *Ashada* (July-August) is traditionally honoured as the most auspicious and important of the year. This moon's luminous brilliance and perfect form are seen to symbolize the Guru's gift of grace and the attainment of Self-realization. On Gurupurnima we honour and express our gratitude to the Guru for the gift of liberation.

Siddha Yoga® Celebration Satsang in Honour of Bhagavan Nityananda's Punyatithi

Sunday August 4, 10:30 a.m. to 12:00 p.m.

Bhagavan Nityananda was the Guru of Swami Muktananda. Baba often said that Bhagawan was a born Siddha or perfected yogi. On this auspicious day we celebrate the anniversary of the moment when Bhagawan Nityananda left his body to merge with the Absolute.

Siddha Yoga® Celebration Satsang in Honour of Baba Muktananda's Divya Diksha®

Sunday August 18, 10:30 a.m. to 12:00 p.m.

At this satsang we celebrate the moment when Swami Muktananda received spiritual initiation from his Guru, Bhagavan Nityananda. Since that time thousands of seekers have received *shaktipat*, continuing to spread the blessings of Siddha Yoga® Meditation to the entire world. On this day we honour our own personal experience of *shaktipat*.

SIDDHA YOGA® SADHANA RETREAT*

Immerse Yourself in Gurumayi's Message for 2019

A Siddha Yoga Sadhana Retreat will be held at the Siddha Yoga Meditation Centre in Montreal from July 8 to July 13.

Siddha Yoga Sadhana Retreats provide an environment for committed Siddha Yoga students to explore and strengthen their spiritual practice over the course of 6 days. The daily schedule includes meditation, chanting, interactive learning sessions, hatha yoga, and time for quiet study and reflection. The practice of silence is an integral part of the retreat.

Information: RetreatCanada@siddhayoga.ca

SIDDHA YOGA MEDITATION SESSIONS®*

This year, to guide us in our exploration of her Message for 2019, Gurumayi gave us precise instructions for a new series of Siddha Yoga Meditation Sessions. She herself chose the titles and the teachings for each of these sessions, which will be led by Swamis and other experienced Siddha Yoga teachers.

The sessions are offered via live audio stream from the Siddha Yoga website or at the Montreal Centre via audio webcast.

Schedule of Sessions at the Centre: *10:30 - 11:45 a.m.*

- I. Saturday, February 16: Discover the Network of the Mind*
- II. Saturday, March 9: Study the Landscape of the Mind*
- III. Saturday, April 13: Take Hold of the Reins of the Mind*
- IV. Saturday, May 11: Shepherd the Mind Toward Its Own Light*
- V. Saturday, June 8: The Breath is the Pathfinder*
- VI. Saturday, June 29: Enrich the Worth of the Sadguna in Your Life*
- VII. Saturday, August 10: Be Present with the Fullness of the Pure Mind*

For the schedule of Sessions via live audio stream, please consult the Siddha Yoga website at: www.siddhayoga.org

DAY OF SIDDHA YOGA® PRACTICES

Saturday, February 9, 8:00 a.m. to 4:00 p.m.

This event is an opportunity for the local Siddha Yoga community to come together for a full day of engaging with the Siddha Yoga practices at our local meditation centre.

COMMUNITY MEETING

Sunday, April 14, 10:30 a.m. to 12:00 p.m.

This meeting aims to inform the community about the organization and the functioning of the Centre. In the course of this meeting relevant information will be presented concerning finances, times and dates of activities and other aspects of the organization and functioning of the Centre. This is an opportunity for us to remember the great fortune we have to be able to come together day after day in this magnificent Centre.

GENERAL INFORMATION

REGISTERED EVENTS

Weekly activities at the Centre are offered free of charge with the exception of those marked with an asterisk*. For those events we request that you register in advance.

REGISTER FOR OUR EMAIL NEWSLETTER

To insure that you are up-to-date about our activities please subscribe to the Siddha Yoga Centre in Montreal's Newsletter by sending an email to: centre_montreal@siddhayoga.ca

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