

Welcome to the Siddha Yoga Meditation Centre in Toronto. Siddha Yoga Meditation is an ancient spiritual tradition passed on through a lineage of Self-realized masers 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 Satsangs on three Sundays, March 31st, April 14th & May 26th)

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.

Siddha Yoga Events

The SIDDHA YOGA Audio Satang for New Year’s Day Sweet Surprise 2019 – Begin the New Year by receiving Gurumayi’s Message for 2018. *Tuesday, January 1st; 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 March 3rd; 11:30 to 1:00 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. *Sunday, March 31st 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, May 12th; 10:30 to 12:00 Noon** and with: **The Siddha Yoga Audio Satsang for May, Sunday, May 26th; 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 23rd; 10:30 to 12 Noon*

Canadian site: www.siddhayoga.ca
Global Site: www.siddhayoga.org

Siddha Yoga Meditation Centre in Toronto

Calendar of Events January – June 2019



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

January

Tues 1	Sweet Surprise® 2019 Webcast 10:00 AM -1:30 PM Approximately (registration required)
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	Satsang 10:30 – 12:00 Noon
Sun 27	Satsang 10:30 – 12:00 Noon

March

Sun 3	<i>Shri Guru Gita</i> 9:30 – 11:00 AM Mahashivaratri Celebration Satsang 11:30 – 1:00 PM
Sun 10	Satsang 10:30 – 12:00 Noon
Sun 17	Satsang 10:30 – 12:00 Noon Community Meeting Following
Sun 24	Satsang 10:30 – 12:00 Noon
Sun 31	No Regular Satsang MUKTANANDA DHYANA SAPTAH: A Siddha Meditation Event 9:00 AM – 6:00 PM (registration required)

May

Sun 5	<i>Shri Guru Gita</i> 9:30 – 11:00 AM Satsang 11:30 – 1:00 PM
Sun 12	Baba Muktananda's Lunar Birthday Celebration Satsang 10:30 – 12:00 Noon
Sun 19	Satsang 10:30 – 12:00 Noon
Sun 26	No Regular Satsang Siddha Yoga Audio Satsang for May 1:00 – 3:30 PM (registration required)

February

Sun 3	<i>Shri Guru Gita</i> 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
Sun 24	Satsang 10:30 – 12:00 Noon

April

Sun 7	<i>Shri Guru Gita</i> 9:30 – 11:00 AM Satsang 11:30 – 1:00 PM
Sun 14	Satsang: Introduction to Siddha Yoga 10:30 – 12:00 Noon
Sun 21	Satsang 10:30 – 12:00 Noon
Sat 27	Chanting/Meditation Session 7:00 -8:30 PM
Sun 28	Satsang 10:30 – 12:00 Noon

June

Sun 2	<i>Shri Guru Gita</i> 9:30 – 11:00 AM Satsang 11:30 – 1:00 PM
Sun 9	Satsang 10:30 – 12:00 Noon
Sun 16	Satsang 10:30 – 12:00 Noon
Sun 23	Gurumayi Chidvilasananda's Birthday Celebration Satsang 10:30 – 12:00 Noon
Sun 30	Satsang 10:30 – 12:00 Noon