



Shaftsbury Hollow Retreat
OF SELF-REALIZATION FELLOWSHIP



“Every person needs a retreat, a dynamo of silence where he may go for the exclusive purpose of being recharged by the Infinite.”

- Paramahansa Yogananda

Personal Retreat Weekends at SRF Shaftsbury Hollow Retreat in Vermont

Dear devotees, we are happy to announce a new offering – Personal Retreat Weekends at SRF Shaftsbury Hollow Retreat in the beautiful Green Mountains of southern Vermont! Open to SRF Lessons students and Kriyabans, these small group retreats typically host about six to eight people. Attendees have the opportunity to take part in group meditations, kirtan chanting, online monastic talks, along with plenty of time for quietude in the peaceful retreat setting.

A weekend schedule is provided, and you are welcome to take part in as many or as few of the events that work best for your ideal personal retreat. The suggested donation for the Personal Retreat Weekends is \$200. Attendees are required to bring their own food – ideally meals that are simple, pre-prepared, and easy to warm up. We will provide you with more details and local food market information for pickup orders before you arrive to the retreat. The following dates in 2026 are scheduled for Personal Retreat Weekends:

February 6-8, March 13-15, May 29-31, June 26-28, July 17-19,
August 28-30, October 16-18, November 6-8, December 4-6

For more information on Personal Retreat Weekends, including how to register for upcoming retreats, please visit the following link: [Personal Retreat Weekends — Shaftsbury Hollow Retreat](#)

To sign up to receive Retreat announcements, click on this link: [Subscribe to our Mailing Lists](#).

In addition to our current retreat offerings, Shaftsbury is available for SRF Centers, Groups, and Circles to host retreats for their members. For more information, please email us at shaftsburyhollowretreat@gmail.com.

In divine friendship,
Shaftsbury Hollow Retreat of SRF
shaftsburyretreat-srf.org