Gemeinschaft der Selbst-Verwirklichung

(Self-Realization Fellowship)

Gründer: Paramahansa Yogananda

Präsident: Bruder Chidananda

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December 2025

Dear Friends of the SRF-Retreat in Bermersbach,

We are happy to inform you about our 2026 retreat program.

1. **Conducted Retreats**. The events, as usual conducted by monastic disciples, are now available on our website as well as listed on page 3 of this document.

   We will again be offering one English-language retreat. This time it will be a 4-day retreat *in July*. We hope that many non-German-speaking devotees will be able to join us. All other retreats will be conducted in German language (with quote sources available in English).

   NEW ! – In response to requests from our members, we are offering three 5-day retreats. The respective dates can be seen on page 3 and on our website.

   Important points regarding conducted retreats:

   - **Registration through website *only*:** To keep registration for conducted retreats simple, please register exclusively through our website at the following link.

     (If you wish to register via our homepage at www.srf-nbg.de, please first choose *"Gemeinschaft der Selbst-Verwirklichung"* on the navigation bar and then „Retreat Bermersbach".)

   - **Start of registration:** Registrations for events
     - ***March through June:*** starting **Sunday, Dec. 14, 2025** at **6.00 pm**
     - ***July through December:*** starting **Saturday, Feb. 14, 2026** at **10.00 am**

   Support with registrations: If you do not have access to the internet or if you need assistance, please feel free to contact us by phone (from Monday, Dec. 15 at +49-911-501 087 and in addition from Wednesday, Dec. 17 at +49-7228-968 969). We can then complete the registration together with you through our website.

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2. **NEW ! – Opportunity for self-conducted retreats at the Bermersbach Retreat**

   From March 11-15, 2026, and from April 29 to May 3, 2026, we are offering the opportunity for **5-day self-conducted retreats** – **without accommodation or meals** – with morning and evening program led by monastic disciples.

Program:

- 1-hour conducted morning and evening meditations (Wednesday evening through Saturday morning – except for Thursday evening, see below)
- 3-hour evening meditation on Thursday
- Inspirational video on Saturday evening
- 3-hour meditation (recording of an online meditation) on Sunday morning
- Opportunity for in-person counseling with monastics (Thursday and Friday afternoon, by appointment)
- All-day opening (approx. 7:00 a.m. to 7:00 p.m.) of the retreat building (including chapel, library, dining room, garden) for private meditation and spiritual study

Duration: Wednesday evening to Sunday noon

Unfortunately, we are currently unable to offer accommodation and meals for self-conducted retreats. If you are interested in this retreat model, we would like to ask you to please find suitable accommodation outside the Retreat and arrange for your own meals. *To ensure all participants experience the desired spiritual atmosphere, we kindly ask that silence within the house and garden be observed, as is customary for all our retreats.*

Registration for self-conducted retreats: Only through our retreat office (not through the website). Please email Bermersbach@srf-nbg.de or call us (phone number: +49-7228-968 969). For those who would like to spend a longer period of time in retreat, it is possible to register for a conducted retreat before or after the self-conducted retreats. Please note, however, that the house will be closed on Mondays and Tuesdays.

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> *A devotee of God oftentimes has to be selfish, "spiritually selfish" as Guruji called it, when it comes to finding time for Him; the awareness of Him must come first. That is why it is good to take spiritual retreats from time to time, so that you have the opportunity to think only of the Divine. If the devotee loses the sense of his connection with God and the yearning to be with Him, then he has lost what is most important. Do not let yourself lose it! Have the determination that even if the whole world falls apart, you will not let go of God!*
>
> *– Sri Daya Mata*

May you always be aware of God and Gurudeva's loving presence in your lives.

In divine friendship

Bermersbach Retreat

Gemeinschaft der Selbst-Verwirklichung
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Bermersbach Retreat

– Self-Realization Fellowship/Gemeinschaft der Selbst-Verwirklichung –

2026 Program

Conducted Retreats in German (unless otherwise indicated)

March

- March 4–8 (Wednesday – Sunday)
- *March 11–15 (Wednesday – Sunday)* ***– Self-conducted retreat!* –***
- March 19–22 (Thursday – Sunday)

April

- April 22–26 (Wednesday – Sonntag)
- *April 29–May 3 (Wednesday – Sunday)* ***– Self-conducted retreat!* –***

May

- May 7–10 (Thursday – Sunday)
- May 29–31 (Friday – Sunday)

June

- June 18–21 (Thursday – Sunday)

July

- July 9–12 (Donnerstag – Sonntag) **– In English language –**

September

- September 10–13 (Donnerstag – Sonntag)

October

- Oktober 21–25 (Wednesday – Sunday)

November

- November 6–8 (Friday – Sunday)
- November 19–22 (Thursday – Sunday)

December

- December 11–13 (Friday – Sunday)

Registration for conducted retreats, please visit www.srf-nbg.de

Registration for events from ***March – June 2026*** starting **Sunday, Dec. 14, 2025** at **6.00 pm**

July – December 2026 starting **Saturday, Feb.14, 2026** at **10.00 am**

***) Self-conducted retreats:** With spiritual morning & evening program

No overnight accommodation/meals! – **Registration requested by phone or e-mail:**

***SRF Bermersbach Retreat* – Haulerstraße 15 – 76596 Forbach-Bermersbach**

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