2020 Retreats at CSL
Inspiring change with learning and meditation.

Sunday Retreats, 9am to 4:00pm

Anger-free Lifestyle: June 14

Anger is one of the most debilitating dis-ease that affect the quality of life as well as relationship. Learn some creative techniques including meditation to be free from anger and live a happy, healthy life. - Register Here!

Happy Cooking: July 12

Learn new healthy recipes that makes the body and mind happy. - Register Here!

Creating My Destiny: September 6

As is my thought so is my destiny. Transforming the trajectory of my destiny simply starts with creating positive and elevated thoughts and feelings towards myself and others. - Register Here

Celebrating Life With Happiness: November 8

A work shop to learn to rebuild your inner self. In this retreat, begin to understand and experience the virtues and powers you hold within. - Register Here
Holy Week

**Return to Wholeness and Peace: April 9 Thurs 4PM until Saturday April 11 3PM**

The search for the “holy grail” is said to be the search for the true self and our deep connection to the Supreme. As we become awake to the truth about who we are, we begin to go back to authenticity and wholeness. - Register Here! -

Weekend Retreats

**Inner Peace, Inner Power 1: 4PM Friday to 3PM Sunday**

Open to adults 18 years old and above, Inner Peace Inner Power is a personal treat to yourself where you can spend two restful days of quiet away from the hustle and bustle of day to day tasks and responsibilities. It is a chance to recharge and discover new ways of seeing and experiencing the self; of discovering and understanding one's inner world of thoughts, feelings, values, and developing spiritual skills and inner strengths to face the challenges of the world outside. Learning how to develop a closer relationship with the Supreme is likewise included as a means of increasing one's stock of stability and power to face life's challenges.

In this retreat you will:
- Recharge and discover new ways of seeing and experiencing the self;
- Discover and understand one's inner world of thoughts, feelings, values;
- Develop spiritual skills and inner strengths to face the challenges of the world outside.

**Dates:**

- March 27-29 - Register Here! -
- April 24-26 - Register Here! -
- May 29-31 - Register Here! -
- June 26-28 - Register Here! -
- July 24-26 - Register Here! -
- August 28-30 - Register Here! -
- September 25-27 - Register Here! -
- October 23-25 - Register Here! -
- November 27-29 - Register Here! -
Inner Peace, Inner Power 2: Deepening knowledge on Karma and Spiritual Powers  
4PM Friday to 3PM Sunday

As one experiences the depths of silence and meditation, there is a renewed feeling of peace and clarity in addressing life’s circumstances and in relating with others. In this session, there will be an intensive exploration of spirituality and karma and its inherent beneficial effect on the self.

Dates:

- May 29-31 - Register Here!
- August 28-30 - Register Here!
- November 27-29 - Register Here!

Silence Retreats  
Learning to Quiet The Mind - Sunday, 9AM to 4PM

It is said, “To control the mind is to control the world”. Learn creative techniques and Raja Yoga meditation to quieten the ever volatile mind.

Dates:

- May 17 - Register Here!
- September 13 - Register Here!
- December 6 - Register Here!

Intensive Raja Yoga Meditation - Friday 4PM to Sunday 3PM

This intensive meditation is designed for those who have undertaken Inner Power Inner Peace 1 and 2. This will entail a progressive process to awakening to deeper levels of self-awareness and understanding.

Dates:

- May 22-24 - Register Here!
- August 21-23 - Register Here!
- October 23-25 - Register Here!
Youth Leadership

Choose. Change. Become. August 8, Saturday 9:00am to 4:00pm

Choose, Change & Become is our international programme for youth leadership. Its aim is to help young leaders develop their inner capacity to make values-based choices and decisions that lead to positive, constructive action for their societies and the world.

Choose to Live a Life of Meaning
Change to Inspire
Become what we are truly meant to be. - Register Here! -

Parents Retreat

Effective and Happy Parenting: Dec 8 Saturday, 2:00pm to 5:00pm

Make parenting more meaningful and fulfilling by learning creative strategies that will make it a happy experience. - Register Here! -