

Dear Siddha Yogis,

In the Siddha Yoga tradition, the month of May is dedicated to Baba Muktananda. We mark the occasion by remembering the birth and the life's work of this great Siddha, Gurumayi's master. It is with great joy and gratitude that we celebrate Baba all throughout the month of May.

And this May we have another wonderful reason to rejoice! It is with great enthusiasm that we are announcing the reopening of the Siddha Yoga Meditation Centre in Montreal! It will be a gradual reopening because for now only a few activities will be offered each month. The SYDA Foundation is allowing Centres around the world a period of nine months to transition to offering a complete calendar of events.

After analyzing the situation in our Centre, the members of the Steering Committee and the Board of Directors have decided that for the month of May we will offer the recitation of *Shri Guru Gita* on Sundays on the 8th, 22nd and 29th, at 10 o'clock a.m. On Sunday, May 15 there will be a satsang to celebrate the lunar Birthday of Baba Muktananda; this satsang will also include *Shri Guru Gita*.

In spite of our enthusiasm we still have to remember that we are in a period of COVID pandemic. For this reason our usual ways of operating will not be exactly as they were, at least for the moment. Thus, the Centre is putting in place a protocol of health measures in order to protect all those who attend our events. This protocol has been drawn up by SYD Canada, the organism which represents the SYDA Foundation in Canada. Certain points have been added to respond to the needs of our community, among others the requirement to wear a surgical mask during your visit to the Centre. You will find the Protocol document as an attachment to this letter.

In order to respect social distancing, and taking account of the dimensions of our Meditation Hall and Amrit, the number of people present in the Centre has been established at 46, including sevites in attendance, which leaves 36 spaces available. This number of 46 will be reevaluated according to current health conditions and our observations over the coming weeks and months.

For this reason, given the limited number of places, we are asking people to reserve in advance if they wish to participate in an activity at the Centre. To clarify, it will not be possible just to show up at the Centre without a prior reservation.

The reservation process is as follows. You can reserve by telephone at 514 735-4494 or by email at centre_montreal@siddhayoga.ca, leaving your name and telephone number. You can reserve from 12 o'clock noon on Monday until noon on Friday for an activity taking place the following Sunday. A confirmation will be sent to you by telephone or email, including a reminder of the health protocol in force at the Centre.

For those activities offered at the Centre at 10 o'clock a.m. during May, the doors will open at 9:30. Sevites will of course arrive earlier. As well, there will be no amrit; however the Bookstore will be open. We ask everyone to bring with them all personal items such as chanting books, cushions and shawls, etc. as the Centre will not be providing these.

We hope that we can all adapt to these new ways of doing things, in harmony, ease and the joy of meeting once again.

The Taruna Poshana Department dedicated to children and families does not plan to offer satsangs at the Centre in May. You are invited to visit the section reserved for families on the Siddha Yoga Path website at this link:

<https://www.siddhayoga.org/global-community/families-and-young-people>

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

The Path to Attaining the Self

We invite you to participate in this event online on the Siddha Yoga Path website. The *satsang* will be available from Sunday, May 1st to Tuesday, May 31st.

In this audio satsang, which contains an exceptional audio archival recording - a talk by Baba - you will explore how to listen, understand and follow the Guru's teachings to move forward in your sadhana.

You can find further information about this event at the following link:

<https://siddhayoga.org/baba-muktananda-satsang>

Please note that our recorded telephone greeting at the Centre will be updated in the near future. As before, all messages continue to be monitored on a regular basis.

We wish you a joyful month of May under the protection of Baba Muktananda.

We look forward to seeing you again at the Centre.

Cordially,

The Steering Committee

Louisette Chabot,
Nicole Comeau
France Jolicoeur