

# Information Regarding Visit by Monks of Self-Realization Fellowship to London, May 2018

## Registration

Please note that for security reasons at Regent’s University, where activities will take place on Friday May 11 and Sunday May 13, the management have asked that all participants register in advance. To do so kindly visit the Eventbrite website [here](#).

If you are unable to register on line, registration will also be possible at the university on your day of arrival, though to avoid delay, we strongly encourage you wherever possible to register well in advance.

Registration will not be necessary for activities at the London Centre of Self-Realization Fellowship on Saturday May 12, except for new initiates attending the kriya yoga initiation ceremony. Eligible persons will have been sent information concerning kriya registration from the SRF Mother Center in Los Angeles.

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## Programme of Events

### Friday May 11

7.30pm – 8.30pm	Public Lecture with Guided Meditation
8.30pm – 9.30pm	Informal Gathering

### Saturday May 12

8.30am – 9.15am	Meditation
9.30am – 10.30am	Technique Review Class I*
11.00am – 12.00pm	Technique Review Class II*
6.00pm – 9.00pm	Kriya Yoga Initiation **

### Sunday May 13

8.30am – 9.15am	Meditation
9.30am – 10.30am	Inspirational Service
11.00am – 12.30pm	Kriya Yoga Review Class **
2.00pm – 3.00pm	Closing Programme

\*Open to all students of the *Self-Realization Fellowship Lessons*.

Newcomers may enrol for Self-Realization Fellowship Lessons, either before or during the weekend programme.

Further information is available on the [SRF Mother Centre web-site](#)

\*\*Open to Kriyabans only.

## Venues for Events

### On Friday and Sunday, events will be held at:

Tuke Hall,  
Regent's University  
Inner Circle, Regent's Park  
London  
NW1 4NS

### On Saturday, events will be held at:

London Centre of Self-Realization Fellowship  
82A Chiltern Street,  
London  
W1U 5AQ

## Travel

### **By Underground**

Take the London Underground (Tube) to Baker Street station which is the closest station to the venue. This station is served by the Jubilee, Bakerloo, Circle, Hammersmith & City and Metropolitan lines.

[To help you plan your journey, click here to use the Journey Planner on the Transport for London website.](#)

### **Walking from Baker Street station**

#### ***To Regent's University (Friday & Sunday)***

Take the Marylebone Road exit. Walk past Madame Tussauds and take the first road on your left, York Gate. Follow the road into Regent's Park and over the bridge; you will see the main entrance to the University on your left-hand side. This walk will take approximately 10 minutes.

#### ***To London Centre of Self-Realization Fellowship (Saturday)***

Take the Marylebone Road exit. Turn right at the exit. Use the pedestrian subway or the traffic light controlled crossing to cross the Marylebone Road (south side). Turn left and then take the first right into Chiltern Street. The London Centre of SRF is located on the left hand side of the road. This walk will take approximately 4 minutes.

### **By Road** (Please note; London Congestion Zone fees will apply Monday to Friday)

#### ***To Regent's University (Friday & Sunday)***

When arriving in central London, take the A501 (Marylebone Road) and turn into York Gate. Cross York Bridge and you will find Regent's University on your left-hand side. [Parking information.](#)

#### ***To London Centre of Self-Realization Fellowship (Saturday)***

When arriving in central London from the west, take the A501 (Marylebone Road) and turn right into Baker Street. Turn first left into Porter Street and turn right into Chiltern Street.

When arriving in central London from the east, take the A501 (Marylebone Road) and turn left into Chiltern Street. On street parking is very limited in Chiltern Street.

### **Bus Routes** Running nearby are;

In Marylebone Road; 18, 27, 30, 205, 453.

In Baker St. (southbound) & Gloucester Place (northbound); 2, 13, 30, 74, 82, 113, 139, 189, 274.

### **Travelling from London Heathrow Airport**

Heathrow Express train service to Paddington station. London Underground from Paddington to Baker Street station. Total journey time approximately 35 minutes.

### **Travelling from London Gatwick Airport**

Gatwick Express train service to Victoria station. London Underground from Victoria to Baker Street station. Total journey time approximately 60 minutes.

### **Travelling from London City Airport**

Docklands Light Railway (DLR) to Canning Town station. London Underground from Canning Town to Baker Street station. Total journey time approximately 45 minutes.

### **From St Pancras International**

London Underground from King's Cross St Pancras to Baker Street station. Total journey time approximately 10 minutes.

## **Transport Between Underground Station and Regent's University**

The university is approximately 10 minutes' walk from the London Centre, and a little less from Baker St underground station.

For anyone who has difficulty in walking that distance we are able to arrange a free ride between Baker St station and the university entrance. The pickup point will be in Allsop Place, near its junction with Baker St. – one minute walk north from the underground exit. (Take the Baker Street exit, not Marylebone Rd). An SRF usher will be at the exit to assist with directions. Pick up and drop off at the university will be at the main entrance.

This service will not run during meetings, but will be available:

### Friday, May 11

Pickup at Allsop Place: 6:30-7:15 p.m.

Pick up at Regent's University: 8:45-9:30 p.m.

### Sunday, May 13

Pickup at Allsop Place: 8:15, 9:15, 10:45 a.m.

Pickup at Regent's University: 3:15 – 3:45 p.m.

To request a lift please telephone Mrs Theresiu Janicki-Hardy on 02392 631019 or email [theresiu.jh@gmail.com](mailto:theresiu.jh@gmail.com)

To allow opportunity for the necessary arrangements to be made, we would appreciate a call with your approximate time of arrival at the pickup point a week in advance.

The vehicles used will not be designed for wheelchair use. Drop off for wheelchair vehicles will be possible at the university entrance.

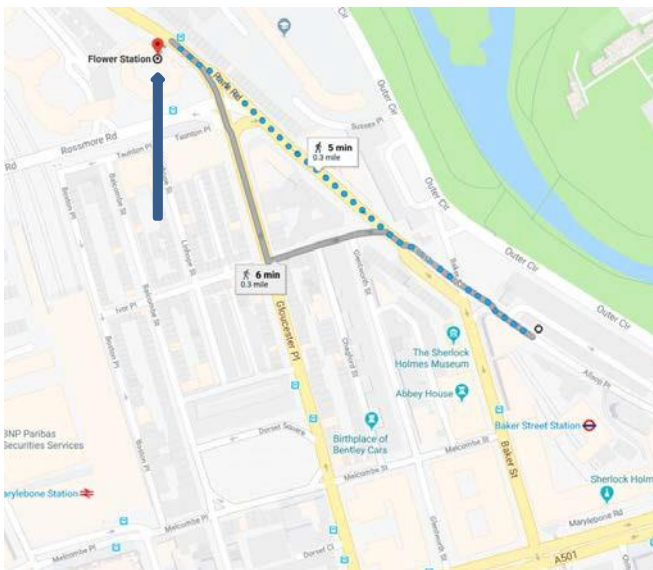
## Fruit and Flower Offerings

Those wishing to purchase fruit and flower offerings for the Kriya Yoga initiation ceremony will find a number of shops nearby in Baker St that sell fruit and a few flowers; flowers may also be purchased from:

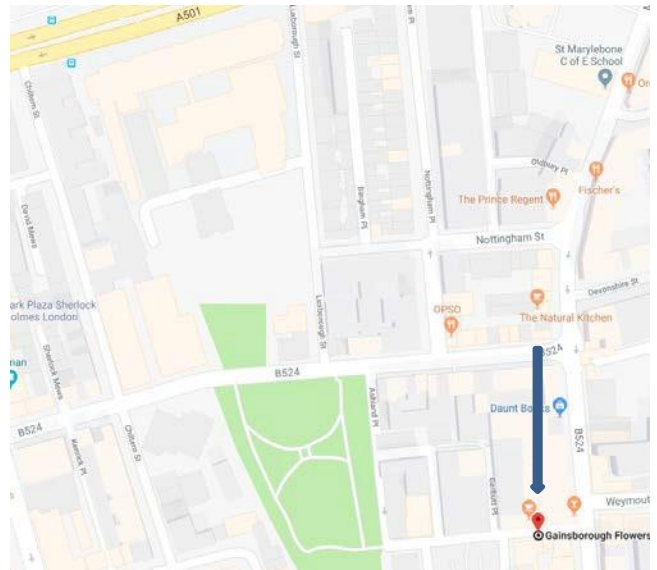
- A street-sellers stand at the corner of Baker St and Bickenhall St., 1-2 mins from the centre.
- Flower Station, Rossmore Court, Park Rd, Marylebone, London NW1 6XU.
- Gainsborough Flowers, 1 Moxon St, Marylebone, London W1U 4EN. Tel: 020 7935 5139

Because of the large numbers expected, it will not be possible to provide fruit and flowers in advance at the London Centre.

Location of Flower Station: 020 7724 7525



Location of Gainsborough Flowers: 020 7935 5139



## Accommodation

### Overnight Accommodation

Accommodation in the immediate vicinity can be relatively expensive. We are not able to recommend specific hotels etc. but here are some suggestions:

### Search

[www.booking.com](http://www.booking.com)

[LondonTown.com](http://LondonTown.com)

[www.hotels.com](http://www.hotels.com)

[www.travelrepublic.co.uk](http://www.travelrepublic.co.uk)

Tourist Information – [visitlondon.com](http://visitlondon.com)

Travelodge. 08719 848484 (Central Bookings)

Premier Inn. 0333 0030025 (Central Bookings)

When booking an 'Advanced' or 'Discounted' rate, you will generally pay the full cost on booking and the amount may be non-refundable. A 'Flexible' rate is a little more expensive but you will not have to pay in advance and can cancel close to the date.

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The following is quoted from the Regent's University web-site:

To help you get the best special offers at nearby hotels we have put together a Regent's Conferences & Events Hotel Map that shows the nearby accommodation options and best possible rates and special offers.

The map displays live availability and allows you to book directly with each hotel:

<http://www.HotelMap.com/M9UYJ>

Alternatively, if you would like to book your accommodation by phone, you can call a dedicated London concierge, on 020 7292 2335 (if outside UK +44 20 7292 2335) quoting Special Reference Code M9UYJ. They will be happy to help you with your hotel booking and provide assistance organising your time in London.

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## Accessibility

**Regent's University:** The university has provision in the form of ramps and elevators for attendees that use wheelchairs or have difficulties with steps or stairs.

There is provision for wheelchairs in Tuke Hall, and disabled persons' toilets are at several locations within the university. Please ask for directions from ushers or university staff in attendance.

**London Centre of SRF:** Access for wheelchair users is provided in the form of a removable ramp at the front entrance. Please let London Centre know in advance if you need this facility.

There are facilities for wheelchair users, including a disabled persons' toilet, within the centre.

## Hard of Hearing

**Regent's University:** An audio loop system is available at the front rows of Tuke Hall. Please speak to SRF ushers or university staff if you require this facility as the use of provided earphones is required.

**London Centre of SRF:** A loop system is available in the chapel within the centre.

## Bookshop

A book room will be set up in the **Knapp Gallery** just inside the main entrance to the university and at the London Centre with entry from the social hall. SRF books, CDs and DVDs will be available to purchase.

## Refreshments

**Regent's University:** The university has a cafeteria that provides hot and cold drinks, snacks and meals (including vegetarian and vegan) with seating nearby. This will be open at lunch time on Sunday, as will nearby restaurants in Regent's Park.

There are drinking water facilities in several locations at the university.

**London Centre of SRF:** There are many restaurants and cafes nearby in Baker St. At the centre, a drinking water fountain is located near the top of the entrance corridor. The centre will be closed during lunch time on the Saturday, to enable preparations to be made for the kriya yoga initiation ceremony later that day.

## Photography and Audio

The SRF Mother Center asks that no audio or video recordings (mobile phones, cameras, etc. included) be made during the events and that still photography is limited to outdoor areas only. Thank you for your cooperation.

An appointed SRF photographer will be present.

## Contact

If you would like clarification or more detail of the events, please contact Tegwyn Jones by:-

**Email:** [londontour2018@srf-london.org.uk](mailto:londontour2018@srf-london.org.uk) or **Phone:** 01245 323071