



Self-Realization Fellowship

FOUNDED 1920 BY PARAMAHANSA YOGANANDA

How-to-Live Youth Programs

BOYS TEEN RETREAT IN ENCINITAS

Based on the teachings of Paramahansa Yogananda

Saturday, November 17, 2018

9:30 a.m. to 4:30 p.m.

Teen boys ages 13 to 18 are invited to enjoy a special day with Self-Realization Fellowship monks at the SRF Encinitas Hermitage, Retreat, and Meditation Gardens.

Activities during the day will include:

- Energization Exercises followed by meditation in the Retreat Chapel
- Introduction and visit to the Hermitage
- Tour of the Meditation Gardens
- Teen-focused *satsanga* (questions and answers)
- Lunch and recreation
- Fellowship with spiritually-minded teens

For more information and to register for this program, visit our website at:
www.yogananda-srf.org/teenprograms

For questions or directions, you are welcome to call SRF Youth Services at:
(818) 549-5160

“Focus your attention within.
You will feel a new power, a new strength, a new peace —
in body, mind and spirit.”

— Paramahansa Yogananda