



Self-Realization Fellowship

FOUNDED 1920 BY PARAMAHANSA YOGANANDA

How-to-Live Youth Programs



REGIONAL DAY PROGRAM

Based on the teachings of Paramahansa Yogananda

Children and teens ages 7 to 18 are invited to join SRF monastics and lay disciples for a special weekend of spiritual activities and fellowship.

Girls: Saturday, October 6, 2018, 10 a.m. – 5 p.m., Fremont, CA
Sunday, October 7, 11 a.m. – 2 p.m., Los Gatos, CA

Boys: Saturday, October 13, 2018, 10 a.m. – 5 p.m., Fremont, CA
Sunday, October 14, 11 a.m. – 2 p.m., Los Gatos, CA

Separate activities for children 7–12 and teens 13–18 will include:

- Energization Exercises and meditations
- *Satsanga* (informal talk)
- Interactive classes/creative activities
- Games, recreation, and a nature walk
- Lunch and fellowship
- Ice cream social

There will also be activities for parents, which will include a monastic-led group meditation and *satsanga*.

Registration: \$35 (scholarships available)

Locations

Saturdays: Fremont Senior Center on Lake Elizabeth Picnic Grounds, 40086 Paseo Padre Pkwy., Fremont, CA 94538

Sundays: SRF Los Gatos Center, 303 East Main Street, Los Gatos, CA 95030

For more information and to register for the program, visit our website at
www.yogananda-srf.org/Teen_Programs.aspx.

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