Conducted How-to-Live Retreat Programs — Schedule for 2018 —

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<td>Guest Programs for Men—Hidden Valley Ashram:</td>
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<td>SRF HIDDEN VALLEY ASHRAM</td>
<td><a href="http://www.hvashram.org">www.hvashram.org</a></td>
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Dear Friend,

We welcome you to this Self-Realization Fellowship teaching, and sincerely hope that you will enjoy your visit. Whether you have come to attend a service or just to “get acquainted,” we hope that you will find the opportunity of peace, a deeper inspiration and inner guidance for your life here to be meaningful, and that you will feel free to return as often as you wish.

Inspirational services are held each Sunday morning and Thursday evening, and there are also Sunday morning children’s services at all our temples. Following the Thursday evening inspirational service, an intercessor and leading service is held. We would be pleased to have you join us in prayer, in meditation, or for seeking help with “Fellowship in Prayer.”

Self-Realization Fellowship is an international, nonprofit religious society founded in 1920 by Paramahansa Yogananda. The society is dedicated to carrying on the spiritual and humanitarian work that he began—seeking to bring higher harmony and understanding among people of all races, religions, and nationalities, and introducing to millions all over the world the universal teachings of the ancient science of yoga.

Our ministers periodically conduct classes in the Self-Realization teachings and techniques at our SRF temples, as well as at various major cities around the world. At all temples, our ministers will be happy to give meditation that he taught. These center around the practice of Kriya Yoga, a highly effective system of yoga meditation, Paramahansa Yogananda, as well as a period of meditation and chanting.

At the Self-Realization Fellowship temples, we observe a number of anniversaries each year with a special commemoration. The exact times of these commemorations and services and the other events listed below will be posted at the temples in advance.

In SRF, Self-Realization Fellowship Lessons are available at www.yogananda-srf.org.

Commemorative Services

1. Jan. 5 Birthday of Paramahansa Yogananda (1893)
2. Jan. 14 Birth of Lahiri Mahasaya (1895)
3. Feb. 2 Birthday of Buddha (563 B.C.)
4. March 8 International Women’s Day
5. March 21 Spring Equinox — A Day of Service
6. March 29 Good Friday
7. April 10 Easter Sunday
8. April 14 Buddha’s Enlightenment Day
9. May 6 Ascension Day
10. June 21 Summer Solstice — Day of Service
13. Aug. 24 Mahasamadhi (death of Lahiri Mahasaya)
14. Sept. 15 Guru Purnima (7th day of the bright lunar month of Bhadrapada)
15. Sept. 21 Day of Service
16. Oct. 2 Rama Navami (Birthday of Lord Rama)
17. Oct. 27 Mother Teresa’s Birthday
18. Nov. 22 Thanksgiving Day
19. Dec. 8 Mahavir Jayanti (birthday of Mahavira)
20. Dec. 21 Winter Solstice — Day of Service
22. Dec. 31 New Year’s Eve

Thursday Services

Our Thursday evening inspirational services include a talk by the minister on various aspects of the teachings of Paramahansa Yogananda, as well as a period of meditation and chanting.

On the third Thursday of each month, instead of a lecture service, the minister leads a satsanga (literally, “society of Truth”). During satsanga, the minister answers questions previously submitted in writing. If you have a question, please write it on a piece of paper and place it in the box designated for this purpose.