



# Self-Realization Fellowship

FOUNDED 1920 BY PARAMAHANSA YOGANANDA

## *How-to-Live* Youth Programs

# 2018 SUMMER DAY PROGRAM

A five-day event for children 7–12 and teens 13–18

Based on the teachings of Paramahansa Yogananda

Self-Realization Fellowship's Summer Day Program in Encinitas, California, offers a unique opportunity and environment for youth to learn and practice Paramahansa Yogananda's *How-to-Live* spiritual principles.

**Girls week: June 25– June 29, 9:00 a.m. to 3:30 p.m.**

**Boys week: July 2 – July 6, 9:00 a.m. to 3:30 p.m.**

*Applications now online*

- Deepen your relationship with God with guidance from SRF monastics.
- Learn SRF techniques of meditation and Energization Exercises.
- Develop friendships with spiritually-minded peers.
- Enjoy activities including sports, drama, science, *asanas*, arts and crafts.



*“It isn’t academic education alone that makes people happy. It is ‘how-to-live’ education — how to develop a harmonious, moral life, stronger will power, and spiritual understanding — that will bring happiness.”*

— Paramahansa Yogananda

For more information, accommodation suggestions for out-of-towners, and to complete an application, visit our website: [www.yogananda-srf.org/summerdayprogram](http://www.yogananda-srf.org/summerdayprogram)  
Email: [YouthServices@yogananda-srf.org](mailto:YouthServices@yogananda-srf.org) Phone: (818) 549-5160

Scholarships are available and a request form can be obtained on the website.