



*Self-Realization Fellowship*

FOUNDED 1920 BY PARAMAHANSA YOGANANDA

## *How-to-Live Youth Programs*



# GIRLS TEEN RETREAT

SRF ENCINITAS HERMITAGE, RETREAT, AND MEDITATION GARDENS

Based on the teachings of Paramahansa Yogananda

SATURDAY, NOVEMBER 18, 2017

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

**Teen girls ages 13 to 18 are invited to enjoy a special day with  
Self-Realization Fellowship nuns 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 other spiritually-minded teens

For more information and to register for this program, visit our website at:

[www.yogananda-srf.org/teenprograms](http://www.yogananda-srf.org/teenprograms)

For additional questions, 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