



*Self-Realization Fellowship*

FOUNDED 1920 BY PARAMAHANSA YOGANANDA

*How-to-Live* Youth Programs



# Regional Day Program

## SRF Atlanta Center

Based on the teachings of Paramahansa Yogananda

**Girls – Saturday, October 14, 2017**

**Boys – Saturday, October 21, 2017**

Children and teens, ages 7 - 18, are invited to join SRF monastics and lay disciples for a special day in Atlanta, Georgia. Separate activities for children 7-12 and teens 13-18 will include:

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

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

**Registration:** \$35, Scholarships Available

**Location:** SRF Atlanta Center, 4000 King Springs Road, Smyrna, GA 30082

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

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