

Self-Realization Fellowship *How-to-Live* Youth Programs  
SUMMER DAY PROGRAM  
Frequently Asked Questions

**Q: May I visit the campus with my children prior to the program?**

A: Yes, there will be an Open House for parents and youth on the Sundays before the program starts. These will be held from 4:00 to 6:00 p.m. at the Encinitas Country Day School Campus. (Address and directions are available on the SRF website.)

**Q: Will there be any additional events that involve parents?**

A: On Tuesday during the week there will be Energization Exercises, meditation, a class, satsanga given by monastics; and a video on spiritualizing family life.

**Q: I live outside the local vicinity. What kind of housing is available to parents and their children?**

A: There are several options. We are providing a list of hotels and motels, and there are local campgrounds, as well. (Available on the SRF website.) In addition, some devotees and their children are making informal arrangements to stay with SRF friends in the area, or with families who have offered to provide housing. SRF is unable to assist with arranging accommodations.

**Q: Will lunch be provided at the Program?**

Lunch will be provided at the program for those who wish to sign up for it. A local caterer will provide a different vegetarian meal each day. Please see the lunch option listed on the online application. Those who prefer to bring their own lunch are welcome to do so. In keeping with Paramahansa Yogananda's ideals, we ask that children bring only vegetarian items to the program. In addition, snacks will be available for all children.

**Q: Can the children bring their cell phones, tablets, or laptops?**

A: Children are welcome to bring these devices; however, unless they are being incorporated into a project, we will ask that they not use them during the program.

**Q: What is the typical weather at that time in Encinitas?**

A: The high temperatures are generally in the low 70's at this time of year, but at times it can be overcast or cooler, so bring some warm clothes.

**Q: What should my children bring with them?**

A: A good sunhat and sunscreen, water bottle, journal or writing tablet, bathing suit or trunks and a towel.

**Q: Are there any dress guidelines?**

A: Yes. In order to create an environment that is in keeping with Paramahansa Yogananda's ideals, we ask that all participants dress in a manner that supports a spiritual environment. We realize that children may have favorite items they feel most comfortable wearing around peers. However, when selecting attire for the summer day program, clothing should be clean, modest, in good repair, and worn in good taste, reflecting participation in a spiritual program.

**Note for Girls:**

- All shirts should be loose fitting, cover the waist, and have a moderate neckline. Tank tops, tight shirts, and shirts with bare midriffs should not be worn.
- Shorts should be mid-thigh or longer. Please do not wear short shorts, leggings, or tight pants.

**Note for Boys:**

- T-shirts must be free of any logos that convey a negative message.