How-to-Live Youth Programs

2019 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 24 – June 28, 9:00 a.m. to 3:30 p.m.
Boys week: July 1 – July 5, 9:00 a.m. to 3:30 p.m.

Now accepting online applications: www.yogananda.org/summer-day-program

- Form a deeper relationship with God with guidance from SRF monastics.
- Learn SRF meditation techniques 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 www.yogananda.org/summer-day-program.

Email: youthservices@yogananda-srf.org  Phone: (818) 549-5160

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

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