How-to-Live Youth Programs

BOYS TEEN RETREAT
SRF LAKE SHRINE

Based on the teachings of Paramahansa Yogananda

Saturday, April 6, 2019
9:30 a.m. to 4:30 p.m.

Teen boys, ages 13 to 18 years, are invited to enjoy a special day with SRF monks at Self-Realization Fellowship Lake Shrine in Pacific Palisades.
Activities during the day will include:

- Energization Exercises followed by meditation in the temple
- Visit to Paramahansaji’s houseboat
- Special tour of the Windmill Chapel and other unique sites associated with Paramahansa Yogananda
- Visit to the museum and gift shop
- Teen-focused *satsanga* (informal questions and answers)
- Lunch and recreation
- Fellowship with other spiritually-minded teens

For more information and to register for the program, visit our website at
www.yogananda.org/teens

For questions or directions, you are welcome to call SRF Youth Services at:
818-549-5160

“If you could feel even a particle of divine love, so great would be your joy—so overpowering—you could not contain it.”
— Paramahansa Yogananda

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