



Self-Realization Fellowship

FOUNDED 1920 BY PARAMAHANSA YOGANANDA

How-to-Live Youth Programs

GIRLS TEEN RETREAT IN ENCINITAS

Based on the teachings of Paramahansa Yogananda

Saturday, November 16, 2019

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 spiritually-minded teens

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

www.yogananda.org/teens

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