



Self-Realization Fellowship
FOUNDED 1920 BY PARAMAHANSA YOGANANDA

How-to-Live Youth Programs

REGIONAL DAY PROGRAM

Based on the teachings of Paramahansa Yogananda

Children and teens ages 7 to 18 are invited to join SRF monastics and lay disciples for a special weekend of spiritual activities and fellowship.

Girls Weekend

Saturday, September 28, 10:00 a.m. – 5:00 p.m. — **Northampton, PA**

Sunday, September 29, 11:00 a.m. – 2:00 p.m. — **New York, NY**

Boys Weekend

Saturday, October 5, 10:00 a.m. – 5:00 p.m. — **Northampton, PA**

Sunday, October 6, 11:00 a.m. – 2:00 p.m. — **New York, NY**

Separate activities for children 7 – 12 and teens 13 – 18 will include:

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

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

Registration: \$35 (scholarships available)

Locations: *Saturdays*—SRF Bethlehem Meditation Circle, 1795 Newport Avenue, Northampton, PA 18067

Sundays—SRF New York City Center, 217 East 28th Street, New York, NY 10016

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**.

“Focus your attention within. You will feel a new power, a new strength, a new peace — in body, mind, and spirit.” — Paramahansa Yogananda