



*Self-Realization Fellowship*  
FOUNDED 1920 BY PARAMAHANSA YOGANANDA

*How-to-Live* Youth Programs

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# 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](http://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