

Self-Realization Fellowship Temple Fullerton

Please Join Us on Saturday, September 28, 2019

10 am to 4 pm

One-Day Retreat at Fullerton Temple

For Self-Realization Fellowship Students Conducted by Minister



RETREAT PROGRAM

10:00 am to 10:30 am	Welcome and introduction
10:30 am to 11:00 am	Energization exercises group practice/review in the garden
11:00 am to 1:00 pm	Guided Meditation with Kirtan (with practical instruction on basic SRF Meditation Techniques)
1:00 pm to 1:30 pm	Lunch Break - Silence period (Please bring your own "brown bag" lunch. Drinks will be provided)
1:30 pm to 2:30 pm	DVD-Bro. Bhaktananda/Guru & Disciple: Eternal Covenant of Love, 1994.
2:30 pm to 3:00 pm	Satsanga* (about meditation and practice of meditation techniques)
3:00 pm to 4:00 pm	Meditation and Closing

*Submit Satsanga questions by **September 21st** in the Satsanga box located in the temple foyer or go to www.fullertontemple.org. Whether submitting your question in the temple foyer box or on the website, please indicate that the question is for the One-Day Retreat.

This retreat is open to all SRF students. Please bring your SRF student card with you on the day of the program. Newcomers interested in the meditation teachings of Paramahansa Yogananda may attend this program by enrolling for the Self-Realization Fellowship Lessons before September 21st. Applications for enrollment can be requested from an usher or you can enroll online at www.srflessons.org.