

*Self-Realization Fellowship Temple
Fullerton*

Please Join Us On
SATURDAY, NOVEMBER 12, 2016

**Conducted One-Day Retreat At Fullerton Temple
For Self-Realization Students**



RETREAT PROGRAM

- 9:30 - 12:30 pm Welcome and Introduction/Guided Long Meditation with Kirtan (with practical instruction on basic SRF Meditation Techniques)
- 12:30 – 1:30 pm Break for Lunch/Silence Period (Please bring your own “brown-bag” lunch. Drinks will be provided.)
- 1:30 – 2:15 pm Satsanga on the Practice of Meditation*
- 2:15 – 2:45 pm Group Practice/Review of the Energization Exercises
- 2:50 – 3:30 pm Closing Meditation/Final Remarks

*Submit satsanga questions by November 7 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 November 7th. You can enroll in the SRF Lessons online at the SRF website, <http://www.yogananda-srf.org/> or by mailing in the SRF Lessons application located in the foyer.