

*Self-Realization Fellowship Temple*  
San Diego

# One-Day Retreat

**SATURDAY, FEBRUARY 10, 2018**

*"A Retreat is a dynamo of silence where you may go  
for the exclusive purpose of being recharged by the Infinite."*

—Paramahansa Yogananda

## MORNING SESSION

Since the techniques are being reviewed, you must enroll  
or be enrolled in the SRF Lessons to attend the morning program\*

- |                      |   |
|----------------------|---|
| <b>10:00 – 10:50</b> | <b>Review &amp; practice of Energization Exercises*</b>       |
| <b>11:00 – 12:30</b> | <b>Review &amp; practice of Hong-Sau &amp; Om Techniques*</b> |
| <b>12:30 – 1:30</b>  | <i>Silent Lunch Break (Please bring a sack lunch)</i>         |

## AFTERNOON SESSION

All are welcome (no SRF Lesson membership requirements to attend)

- |                    |  |
|--------------------|--|
| <b>1:30 – 3:00</b> | <b>DVD Presentation - "Glimpses of a Life Divine" (90 min)</b> |
| <b>3:00 – 4:00</b> | <b>Kirtan meditation</b>                                       |

\*Applications for the SRF Lessons may be completed online at: [srflessons.org](http://srflessons.org)  
or contact the Mother Center (323-225-2471) in Los Angeles

This retreat is a wonderful way to get started and review  
the first three techniques in the lessons, all in one morning!