



*Self-Realization Fellowship*  
FOUNDED 1920 BY PARAMAHANSA YOGANANDA

*How-to-Live* Youth Programs



# TEEN CLASS AT CONVOCATION

Based on the teachings of Paramahansa Yogananda

**“Being a Teen in Today’s World”**

**Wednesday, August 7, 2019**

**7:15 to 8:45 p.m.**

**Westin Bonaventure Hotel, Los Angeles**

Teens between the ages of 13 and 19 are invited to enjoy a special class with Self-Realization Fellowship monastics at this year’s SRF Convocation. The teen class will be held in the Beverly Room on the second level of the hotel.

**This class is for teens only and will include:**

- Teen-led *kirtan*
- Meditation
- Teen-focused *satsanga* (questions and answers)
- Fellowship with spiritually-minded teens and with SRF monastics who serve at the Summer Day Program
- Refreshments

If you have any questions, 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