

Announcements for Sunday, February 17, 2019

On **Saturday, February 23**, we will host a one day retreat at the center from 10 am to 4 pm. As part of the retreat we will have guided group practice of Energization Exercises, kirtan meditation and inspirational readings. We will also have free time for you to relax, take short walks if you wish, and practice the presence of God.

On **Saturday, March 2**, there will be a long kirtan meditation from 10 - 4 p.m. to commemorate the mahasamadhi of our guru, Paramahansa Yogananda. There will be a 30-minute break at 12:30 p.m. Group Energization Exercises will be practiced at 9:40 a.m.

We will commemorate the mahasamadhi of Paramahansa Yogananda on **Thursday, March 7** and the mahasamadhi of Swami Sri Yukteswar on **Saturday, March 9**. On each of these occasions we will have silent meditation from 7 - 7:40 p.m. followed by the commemorative service at 8 p.m.