February 1, 2026

This coming Saturday, February 7th, we will have a Kirtan Meditation from 10 a.m. - 1 p.m.

On Saturday, February 21st, we will have a One-Day Retreat here at the Center. Gurudeva, Paramahansa Yogananda said, “Every person needs a retreat, a dynamo of silence where he may go for the exclusive purpose of being recharged by the Infinite.” The day will include group practice of the Energization Exercises, periods of chanting and meditation, Inspirational Readings, and plenty of time to relax, recharge, or walk around the grounds. Please bring a sack lunch with you for the retreat.

The title for today’s Service is: “Habits: Your Master or Your Slave”.