

Dear Friends of the Munich Meditation Center,

With this program we would like to invite you
to our meditations, our commemoration
services and other events.
Guests and friends are warmly welcome.



*Have only love in your heart for others.
The more you see the good in them,
the more you will establish good in yourself.*

*Paramahansa Yogananda
from
„Inner Reflections – 2020 Engagement-Calendar“*

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*Meditation-Center München
(Munich)
Gemeinschaft der Selbst-
Verwirklichung Self-Realization
Fellowship*

PROGRAM



JANUARY TO APRIL
2020

Liebherrstr. 4 80538 München
Tel.: 089 – 24 29 20 99
www.srf-muenchen.de

Meditation- and Reading-Services

Sundays

10:00 – 10:50 a.m. Meditation
11:00 – 12:00 a.m. Inspirational Service

There is a possibility to join the inspirational services between 10:50 and 11:00 a.m..

Parents may attend the service together with their children in the basement chapel. Parents are responsible for their children. Toys are available..

Wednesdays

Doors will open at 18 p.m.

19:00 – 21:15 p.m. Meditation- and
Healing Service

Entrance is also permitted between 20:00 and 20:10 p.m.

First Wednesday of each month

18:00 – 18:50 p.m. Bhagavad Gita Study
Group Meeting

Fridays

18:00 – 21:00 p.m. Meditation Service
and Healing Prayer

Entrance is also permitted during the first ten minutes of each hour .

Friday – before the 1st Saturday of each month

18:00 – 21:00 p.m. Kirtan

Entrance is also permitted during the first 10 minutes of each hour.

1st Saturday of each month

14:00 – 20:00 p.m. 6 hour meditation service
17:00 – 17:20 p.m. break

A guided meditation will be held during the first three hours. You are permitted to join only the second part of the Meditation and to arrive during the break.

It is also possible to do the energization exercises individually – in the basement: 30 minutes before the beginning of each meditation.

Commemoration Services And Meditations

Sunday, 05th Jan. Paramahansa Yogananda
10:00 – 13:00 p.m. Birthday

Saturday, 11th Jan. Commemoration-Service
14:00 – 20:00 p.m. Paramahansa Yogananda
Commemoration-

Saturday, 07th Mar. Meditation
19:00 – 21:00 p.m. Paramahansa Yogananda
Mahasamadhi

Monday, 09th Mar. Commemoration-Service
19:00 – 21:00 p.m. Swami Sri Yukteswar
Mahasamadhi

Saturday, 14th Mar. Commemoration-Service
14:00 – 20:00 p.m. Lahiri Mahasaya
& Swami Sri Yukteswar
Meditation

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*As a symbol of your devotion to God and to the
SRF Gurus you are welcome to bring one or
several flowers to the commemoration services.
Envelopes for donations will be provided.*

Easter-Services

Friday, 10th Apr. Good Friday-
14:00 – 18:00 p.m. Meditation

Sunday, 12th Apr. Easter-Meditation
06:00 – 09:50 a.m. (Entrance every
full hour)

10:00 – 12:00 a.m. Easter-Service

**Short-term program-changes
will be announced at:
www.srf-muenchen.de**

Further Events

Sunday 05th Jan. Paramahansa Yogananda
13:00 – 15:00 p.m. Birthday-Social

17th - 19th January World of Yoga
www.worldofyoga.com

Sunday, 02th Feb. “Open-House Day”
10:00 – 15:00 p.m. and Social

Saturday, 15th Feb. Winter Excursion

Sunday, 16th Feb. General Membership
starting at 12:15 p.m. Meeting

Saturday, 29th Feb. Day of Serving
starting at 10:00 a.m.

Sunday, 01st Mar. Group Counsel
starting at 12:15 p.m. Election

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Your donation is always welcome.
*Bank account of the
“Meditationszentrum München“
Gemeinschaft der Selbst-Verwirklichung*

Postbank Nürnberg
IBAN: DE55 7601 0085 0004 1898 58
BIC: PBNKDEFF

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For an international survey of all events
please go to:

www.yogananda-srf.org