

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.



*“ Don't mentally review any problem constantly.
Let it rest at times and it may work itself out;
but see that you do not rest so long
that your discrimination is lost.
Rather, use these rest periods to go deep within
the calm region of your inner Self. “*

*Paramahansa Yogananda
from*

“Inner Reflections – 2020 Engagement-Calendar“

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

PROGRAM



MAY TO AUGUST
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, 10th May

10:00 – 12:00 a.m.

Swami Sri Yukteswar
Birthday-
Commemoration-Service

Friday, 15th May

18:00 – 21:00 p.m.

Swami Sri Yukteswar
Commemoration-
Meditation

Sunday, 05th July

10:00 – 12:00 a.m.

Guru Purnima*

**Kirtan and Meditation - Indian Style*

Friday, 24th July

18:00 – 21:00 p.m.

Mahavatar Babaji
Commemoration-
Meditation

Saturday, 25th July

19:00 – 21:00 p.m.

Mahavatar Babaji
Commemoration-Service

Wednesday, 12th Aug

19:00 bis 21:00 p.m.

Janmashtami
(Service in honor of
Lord Krishna)

Friday, 14th August

18:00 – 21:00 p.m.

Baghavan Krishna
Commemoration-
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.

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

Further Events

Sunday, 06th June

Day of Serving
in Nürnberg

Saturday, 13th June

Visit to Bachham
(Kirtan and Picknick)

Saturday, 20th June

10.00 – 13:00 a.m.

Day of Serving

Saturday, 18th July

Summer excursion

Sunday, 19th July

Social after
the Sunday Service

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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
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For an international survey of all events
please go to:

www.yogananda-srf.org