

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

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.



Gemeinschaft der Selbst-Verwirklichung
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SRF-Ashram Nürnberg*
Gemeinschaft der Selbst-Verwirklichung
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IBAN: DE27 7601 0085 0004 2228 57
BIC: PBNKDEFF

*“ Every reflection of love comes from
the one Cosmic Love “*

*Paramahansa Yogananda
from
„Inner Reflections – 2023 Engagement-Calender“*

Stätte der inneren Einkehr
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Meditationszentrum München
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PROGRAM



JANUARY TO APRIL
2023

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

Meditation- and Reading-Services

Entrance half an hour before beginning

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..

Wednesdays

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

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

1st 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 .

3rd Friday 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

Thursday, 05th Jan. Paramahansa Yogananda
19:00 – 21:00 p.m. Birthday

Saturday, 07th Jan. Paramahansa Yogananda
14:00 – 20:00 p.m. Commemoration-
Meditation

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

Thursday, 09th Mar. Swami Sri Yukteswar
19:00 – 21:00 p.m. Mahasamadhi

Friday, 10th Mar. Commemoration-Service
18:00 – 21:00 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, 07th Apr. Good Friday-
14:00 – 18:00 p.m. Meditation

Sunday, 09th Apr. Easter-Meditation
06:00 – 09:50 a.m. (Entrance also at
08:00 a.m.)

10:00 – 12:00 a.m. Easter-Service

Additional Events

Saturday, 11th Feb. Winter Excursion

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

Saturday, 25th Feb. Day of Serving
starting at 10:00 a.m.

Sunday, 26th Feb. Group Counsel
starting at 12:15 p.m. Election

Sunday, 09th Apr. Easter Sunday Brunch
starting at 12:00 p.m.

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

For an international survey of all events
please go to: www.yogananda-srf.org

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Your donation is always welcome.

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