

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.



*“With awakened lasting zeal and continuous  
striving, follow the golden trail of achievement  
so clearly visible through the assuring  
welcoming portals of the New Year“*

*Paramahansa Yogananda  
from  
„Inner Reflections –Engagement-Calendar 2024“*

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## PROGRAM



JANUARY TO APRIL  
2024

Gemeinschaft der Selbst-Verwirklichung  
Liebherrstr. 4 80538 München  
Tel.: 089 – 24 29 20 99  
[www.srf-muenchen.de](http://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. Reading Service

*It is possible to come to the reading service between  
10:50 a.m. and 11:00 a.m.*

### Wednesdays

07:00 – 09:15 p.m. Meditation and  
Healing Prayer

*Admission also between 8:00 p.m. and 8:10 p.m.*

### 1st Wednesday of the month

06:00 – 06:50 p.m. Bhagavad Gita Study

### Fridays

06:00 – 09:00 p.m. Meditation and  
Healing Prayer

*Admission also 10 minutes after a beginning hour.*

### 3<sup>rd</sup> Friday of each month

06:00 – 09:00 p.m. Kirtan

*Admission also 10 minutes after a beginning hour.*

### 1<sup>st</sup> Saturday of the month

02:00 – 08:00 p.m. 6-hour Meditation  
05:00 – 05:20 p.m. Break

*The first 3 hours are a guided meditation. It is possible to  
come to the second part of the meditation during the break.*

*Opportunity for individual charging exercises:  
30 minutes before the start of each meditation in the  
basement.*

## Commemorations and Memorial Meditations

*Entrance half an hour before beginning*

**Friday, 05<sup>th</sup> Jan.** Paramahansa Yogananda  
18:00 – 21:00 p.m. Birthday  
Commemoration Service

**Saturday, 06<sup>th</sup> Jan.** Paramahansa Yogananda  
14:00 – 20:00 p.m. Memorial Meditation

**Thursday, 07<sup>th</sup> Mar.** Paramahansa Yogananda  
19:00 – 21:00 p.m. Mahasamadhi  
Commemoration Service

**Friday, 08<sup>th</sup> Mar.** Paramahansa Yogananda  
18:00 – 21:00 p.m. Memorial Meditation

**Sunday, 10<sup>th</sup> Mar.** Swami Sri Yukteswar  
10:00 – 12:00 a.m. Mahasamadhi  
Commemoration Service

**Wednesday, 13<sup>th</sup> Mar.** Swami Sri Yukteswar  
19:00 – 21:15 p.m. Memorial 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, 29<sup>th</sup> Mar.** Good Friday-  
14:00 – 18:00 p.m. Meditation

**Sunday, 31<sup>th</sup> Mar.** 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

**Sunday, 04<sup>th</sup> Feb.** General Membership  
starting at 12:30 p.m. Meeting

**Saturday, 10<sup>th</sup> Feb.** Winter Excursion

**Saturday, 24<sup>th</sup> Feb.** Day of Serving  
starting at 10:00 a.m.

**Sunday, 25<sup>th</sup> Feb.** Group Counsel  
starting at 12:30 p.m. Election

**Sunday, 31<sup>th</sup> Mar.** 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](http://www.srf-muenchen.de)**

An international overview of all events can  
be found at [www.yogananda-srf.org](http://www.yogananda-srf.org)

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Your donation is always welcome.

*Bank account of the  
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