

How-to-Live Programs for Children and Teens

Important Announcements About New Online Offerings and 2022 Summer Day Program for Children and Teens

Next Phase of Online *How-to-Live* Classes Begins Saturday, March 26

Paramahansa Yogananda felt deeply for the welfare of children and took a lifelong interest in their all-around education. Carrying on in this tradition, Self-Realization Fellowship offers a variety of *How-to-Live* programs that teach young people how to live a balanced life of meditation and right activity.

Last fall we had a successful 6-week pilot series of online *How-to-Live* classes for children. As we build towards a formal launch of this program, we are pleased to announce the next phase of these classes: a 12-week series which will serve several hundred children.



How-to-Live Weekly Class Schedule

Age Group (there are separate classes for boys and girls)	Saturdays beginning March 26 (class times listed below are in Pacific Time)	Class Duration
6–8	8:00 a.m.	30 minutes
6–8	9:00 a.m.	30 minutes
6–8	1:00 p.m.	30 minutes
6–8	2:00 p.m.	30 minutes
9–12	8:00 a.m.	45 minutes
9–12	9:00 a.m.	45 minutes
9–12	1:00 p.m.	45 minutes
9–12	2:00 p.m.	45 minutes

Please visit our website (<https://youthprograms.thinkific.com/pages/registration>) to register your child for this free enriching online program.

If you have any questions, please email helpdesk@yogananda-srf.org or call 760-421-5151.

More Online Offerings Coming Soon

In addition to the *How-to-Live* class series, we are happy to let you know that we are working on several new online offerings which will constitute a virtual learning

environment and schedule of events for youth. We will begin to offer these classes later this year.

The *Journey to Lake Shrine* video series continues to be available on the Youth Services section of the SRF website. This five-part series is structured as a day of learning and fun, similar to a day at an in-person youth program.

We are also in the process of developing an online teen group—to give SRF teens a way to discuss topics of interest to them. We look forward to sending you more details about these and other developments in the coming months.

Important Information About 2022 Summer Day Program

We will not be holding an in-person Summer Day Program for children and teens this year. Our timeline required that we make a decision in February, and after considering local government health regulations we found it was still not yet feasible for us to offer this event. We hope that children and teens will enjoy the new online program offerings until we can meet in-person once again.

Serving Our Youth Together

We appreciate your continued support of our programs and we look forward to the many ways we will be able to serve SRF youth in-person and online in the future.

May God and Gurus bless you and your dear ones, and may you know that They are ever protecting you with Their divine light and love.

In divine friendship,

Self-Realization Fellowship
Youth Services Department