

# Self-Realization Fellowship

## Encinitas Temple

### Post-Convocation Schedule from August 11-17, 2019

<b>Sunday, Aug. 11</b>	8:00 a.m. - 9:00 a.m.	Group Meditation (Temple)
	9:30 a.m. - 10:30 a.m.	Inspirational Service (Temple and by video at J Street Chapel) <u>Sunday School and Teen Group cancelled</u>
	11:00 a.m. - 12:00 p.m.	Inspirational Service (Temple and by video at J Street Chapel)
	12:00 p.m. - 4:00 p.m.	Individual Meditation (Temple and J Street Chapel) <u>The Bhagavad Gita Reading and Meditation Service is cancelled</u>
	6:40 p.m. - 9:00 p.m.	Group Energization Exercises and Meditation (Temple)
<p>On August 11, the SRF Meditation Gardens and Hermitage are open <u>only</u> to those registered for the Pilgrimage.</p>		
<b>Monday, Aug. 12</b>	6:55 a.m. - 8:15 a.m.	Group Energization Exercises & Meditation (J Street Chapel)
	12:00 p.m. - 4:00 p.m.	Individual Meditation (J Street Chapel)
	6:40 p.m. - 9:00 p.m.	Group Energization Exercises & <i>SRF Lessons</i> Reading and Meditation Service (J Street Chapel), doors open every half-hour
<b>Tuesday, Aug. 13</b>	6:55 a.m. - 8:15 a.m.	Group Energization Exercises & Meditation (J Street Chapel)
	12:00 p.m. - 4:00 p.m.	Individual Meditation (J Street Chapel)
	6:40 p.m. - 9:00 p.m.	Group Energization Exercises & Meditation (J Street Chapel)
<b>Wednesday, Aug. 14</b>	6:55 a.m. - 8:15 a.m.	Group Energization Exercises & Meditation (J Street Chapel)
	12:00 p.m. - 4:00 p.m.	Individual Meditation (J Street Chapel)
	6:40 p.m. - 9:00 p.m.	Group Energization Exercises & Kirtan with Meditation (J Street Chapel)
<b>Thursday, Aug. 15</b>	12:00 p.m. - 4:00 p.m.	Individual Meditation (J Street Chapel)
	7:00 p.m. - 8:00 p.m.	Inspirational Service with Brother Balananda (Temple)
<b>Friday, Aug. 16</b>	12:00 p.m. - 4:00 p.m.	Individual Meditation (J Street Chapel)
	6:00 p.m. - 8:30 p.m.	Potluck supper at the Temple (out of town visitors are our guests). <u>The Second Coming of Christ Reading and Meditation Service is cancelled.</u>
<b>Saturday, Aug. 17</b>	6:00 a.m. - 8:50 a.m.	Group Energization Exercises & Meditation (J Street Chapel)
	9:00 a.m. - 12:00 p.m.	Day of Service with Brother Balananda Begins with a short meditation in the Temple Special Events Room
	5:40 p.m. - 9:00 p.m.	Group Energization Exercises & Meditation (J Street Chapel)

Temple doors open at least 15 minutes prior to services.

The Encinitas Temple is located at 939 Second Street Street, two blocks north of the Ashram. The J Street Chapel is located at 1105 Second Street, the corner of J Street and Second Street, one block north of the Ashram.

[www.EncinitasTemple.org](http://www.EncinitasTemple.org) - 760-436-7220  
[www.yogananda.org](http://www.yogananda.org)