



Yogoda Satsanga Society of India

21, U. N. Mukherjee Road, Dakshineswar, Kolkata 700 076

Phone: (033) 25645931, 25642366, 25646208 • Regd. Under Act XXI of 1860

GURU PURNIMA CELEBRATION

This year a programme will be conducted at the Kala Mandir, Kolkata on the day of Guru Purnima, 16th July, 2019. Devotees may join the group meditation sessions held in our ashram for few days before the Guru Purnima celebration in order to feel the divine blessings of God & Gurus so tangibly felt during this blessed occasion of the year.

Date	Place & Address	Contact
July 16, 2019 (Tuesday)	Kala Mandir 48, Shakespare Sarani, Kolkata 700017 Kirtan, Satsanga and Prasad distribution Time: 9:00 a.m. – 12:00 Noon	25645931 25646208
	Yogoda Satsanga Math — Dakshineswar 21, U. N. Mukherjee Road, Kolkata 700076 Time: 5:30 p.m. – 8:00 p.m. – En. Ex., Meditation, Pushpanjali	

OTHER SPECIAL COMMEMORATIONS DURING July – December, 2019

Programme on these occasions will consist of meditation, *satsanga*, *pushpanjali*, and *prasad*.

Commemoration of	Place & Address	Date	Time
Mahavatar Babaji's Smriti Divas	Guruji's Parental House, 4, Garpar Road, Kolkata 9 Phone: 2564 5931	July 25, 2019 (Thursday)	5:30 p.m. – 8:00 p.m.
Sri Krishna Janmashtami	Yogoda Satsanga Math — Dakshineswar	August 24, 2019 (Saturday)	10:00 a.m. – 12:00 noon

Commemoration of	Place & Address	Date	Time
Sri Sri Lahiri Mahasaya's Mahasamadhi Anniversary	Yogoda Satsanga Math — Dakshineswar	Sept. 26, 2019 (Thursday)	5:30 p.m. – 8:00 p.m.
Sri Sri Lahiri Mahasaya's Avirbhav Anniversary	Yogoda Satsanga Math — Dakshineswar	Sept. 30, 2019 (Monday)	5:30 p.m. – 8:00 p.m.
Christmas	Yogoda Satsanga Math — Dakshineswar	Dec 25, 2019 (Wednesday)	10:00 a.m. – 12:00 noon

Note:- All these programmes will also be held in our Garpar, Serampore, and Telary centres and in other centres around West Bengal. For details regarding date and time of the programmes please contact respective centres.

CONDUCTED SPIRITUAL RETREAT
September 20 – 22, 2019 (Classes in Bengali)
AT YOGODA SATSANGA MATH, DAKSHINESWAR

Be with people in silence; don't spend precious time and energy in idle talk. Eat in Silence; work in silence. God loves silence.

— Sri Sri Paramahansa Yogananda

This weekend retreat shall include group meditations, *satsangas*, and review of meditation techniques by YSS *sannyasis*. Participants are requested to maintain silence during the retreat to deepen their attunement with God and Gurus, and to build their inner environment.

If you are interested in participating in this retreat programme, please register at least one week in advance at the Ashram Reception Office, giving your full name, address, Lesson Registration Number, age, phone no(s), and arrival and departure date and time.

LONG MEDITATION PROGRAMMES
AT YOGODA SATSANGA MATH, DAKSHINESWAR

Remember that the longer you practise meditation with intensity, the nearer you will be to joyous contact with the silent God. Intensity consists in making every today's meditation deeper than yesterday's and every tomorrow's meditation deeper than today's.

— Sri Sri Paramahansa Yogananda

Please Note: The schedule will comprise of prayer, reading, chanting, and meditation. There will be a break of half-an-hour in between.

Devotees with cough and cold are requested to abstain from attending the long meditation.

It is extremely important that during the entire session, each devotee makes an extra effort to sit completely still. In this group endeavour, restless movements and any sound disturb the devotees present.

If you are interested in participating in these programmes, you are requested to register at least one week in advance at the Ashram Reception Office, giving your full name, address, Lesson Registration No., age, phone no(s), and specifying the date of your attendance.

Date	Duration	Time
August 17, 2019 (Saturday)	8 hours (Janmashtami Long meditation)	10:00 a.m. – 6:00 p.m.
September 28, 2019 (Saturday)	6 hours	10:00 a.m. – 4:00 p.m.
October 26, 2019 (Saturday)	6 hours	10:00 a.m. – 4:00 p.m.
November 30, 2019 (Saturday)	6 hours	10:00 a.m. – 4:00 p.m.
December 21, 2019 (Saturday)	8 hours (Christmas Long meditation)	10:00 a.m. – 6:00 p.m.