

Yogoda Satsanga Society of India

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

JANMOTSAV 2016 BULLETIN

As we are about to enter the last phase of the year 2015 and usher in the New Year 2016, we would like to take this opportunity to invite you to participate in the various programmes that would be held under the auspices of Yogoda Satsanga Math, Dakshineswar from the year-end of 2015 till June 2016.

The Year-End Programme of 2015 and the Janmotsav Programme will be held at Yogoda Satsanga Math, Dakshineswar and at various other places of West Bengal as per the schedule given below.

YEAR-END PROGRAMME 2015

Occasion	Date	Time	Programme
Christmas Long Meditation	December 19, 2015 (Saturday)	10:00 am – 6:00 pm	Prayer, chanting, reading, and meditation
Christmas	December 25, 2015 (Friday)	10:00 am – 11:30 am	Satsanga at Garpar Kendra and at Sri Sri Swami Sri Yukteswar Giri Smriti Mandir, Serampore
		2:30 pm – 3:30 pm	Children's Programme at Dakshineswar Ashram
		5:30 pm – 8:00 pm	Energization Exercises, meditation, and pushpanjali at Dakshineswar Ashram
New Year's Eve	December 31, 2015 (Thursday)	10:00 pm – 12:15 pm	Meditation

JANMOTSAV PROGRAMME 2016

Venue	Date	Time	Programme
Yogoda Satsanga Math, 21, U. N. Mukherjee Road, Dakshineswar, Kolkata 700 076 Phone Nos: 2564-5931, 2564-6208	January 1, 2016 (Friday)	10:00 am – 11:00 am 11:30 am – 12:30 pm 2:00 pm – 3:30 pm 5:00 pm – 7:00 pm	Opening Satsanga Energization Exercises review, Part-I Devotees' Programme Energization Exercises and meditation
	January 2, 2016 (Saturday)	7:00 am – 8:15 am 10:00 am – 11:00 am 11:30 am – 12:30 pm 2:30 pm – 3:30 pm 5:00 pm – 7:00 pm 8:00 pm – 9:00 pm	Energization Exercises and meditation Hong-Sau Technique review Energization Exercises review, Part-II Aum Technique review Energization Exercises and meditation Bhajan
	January 3, 2016 (Sunday)	10:00 am – 4:00 pm	Long Meditation
	January 4, 2016 (Monday)	8:00 am 10:30 am – 12:00 noon 2:00 pm – 4:00 pm 5:00 pm – 7:00 pm	Kriya Yoga diksha Programme for non-Kriyabans Kriya Yoga review Energization Exercises and meditation
	January 5, 2016 (Tuesday)	7:00 am – 9:00 am 9:45 am – 11:30 am 11:30 am onwards 5:00 pm – 7:00 pm	Prabhat Feri Bhajan, satsanga, pushpanjali, and prasad Bhandara Energization Exercises, meditation, pushpanjali, and prasad
Yogoda Satsanga Sakha Kendra—Garpar 17/1, Pitambar, Bhattacharjee Lane, Kolkata 700 009, Phone Nos: 2350-5380	January 9, 2016 (Saturday)	7:30 am – 8:30 am 9:30 am – 11:00 am 4:00 pm – 7:00 pm	Prabhat Feri Satsanga Energization Exercises, meditation, satsanga, pushpanjali, and prasad
Sri Sri Swami Sri Yukteswar Giri Smriti Mandir 3A, Buro Bibi Lane, Serampore 712 201 Phone Nos: 2664-6615	January 10, 2016 (Sunday)	8:00 am – 9:00 am 10:00 am – 12:00 noon 12:00 noon onwards 4:00 pm – 7:00 pm	Prabhat Feri Satsanga Bhandara Energization Exercises, meditation, satsanga, pushpanjali, and prasad
Yogoda Satsanga Dhyana Kendra— Dihika, Near Damodar Rail Gate, Damodar, Post: Surjanagar 713 361 Dist.: Burdwan, West Bengal Phone Nos: (0341) 2014542, 9163146566	January 17, 2016 (Sunday)	7:00 am – 9:00 am 10:15 am – 11:30 am 11:30 am 1:00 pm – 3:30 pm 4:00 pm – 5:30 pm	Prabhat Feri Satsanga, pushpanjali, and prasad Bhandara Bhajan/Kirtan Energization Exercises, meditation, and pushpanjali
Yogoda Satsanga Dhyana Kendra— Telary, At—Telary, P.O. Bahirkunja, Dist.: Dakshin, 24 Parganas 743 318 Phone Nos: 9874799584	January 23, 2016 (Saturday)	1:00 pm – 2:00 pm 2:00 pm – 3:30 pm 4:00 pm – 5:30 pm 6:00 pm – 9:30 pm	Energization Exercises review Hong-Sau and Aum Technique review Energization Exercises and meditation Children's competition in songs, stories, and poems of Gurudeva
	January 24, 2016 (Sunday)	7:00 am – 9:00 am 10:15 am – 11:30 am 11:30 am – 1:00 pm 1:00 pm – 3:30 pm 4:00 pm – 5:30 pm 6:00 pm – 9:30 pm	Prabhat Feri Satsanga, pushpanjali, and prasad Bhandara Bhajan/Kirtan Energization Exercises, meditation, and pushpanjali Cultural Programme

SPECIAL DAYS OF COMMEMORATION

The programme on these occasions will comprise of meditation, satsanga, pushpanjali, and prasad

Commemoration of	Date	Time	Place & Address
Mahasamadhi Divas of Gurudeva & Param Guru	March 6, 2016 (Sunday)	10:00 am – 12:00 noon	Sri Sri Swami Sri Yukteswar Giri Smriti Mandir 3A, Buro Bibi Lane, Serampore 712 201 Phone Nos.: 2662-6615
Sri Sri Paramahansa Yogananda's Mahasamadhi Divas	March 7, 2016 (Monday)	5:30 pm – 8:00 pm	YOGODA SATSANGA MATH Dakshineswar, Kolkata 76 Phone: 2564-5931, 2564-6208
Sri Sri Swami Sri Yukteswar Giri's Mahasamadhi Divas	March 9, 2016 (Wednesday)	5:30 pm – 8:00 pm	
Sri Sri Swami Sri Yukteswar Giri's Avirbhava Divas	May 10, 2016 (Thursday)	10:00 am – 12:00 noon	

Please Note: Similar programmes will be conducted at the **Garpar, Dihika, and Telary** Kendras on these days. Please contact Dakshineswar Ashram for details of programmes.

WEEKEND SPIRITUAL RETREAT

At Yogoda Satsanga Math, Dakshineswar

Every person needs a retreat, a dynamo of silence where he may go for the exclusive purpose of being recharged by the Infinite.

— Sri Sri Paramahansa Yogananda.

February 12 (Friday) 2016 – February 14 (Sunday) 2016

This retreat includes group meditations, satsanga, and review of meditation techniques by YSS sannyasis. The 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.

We would like to inform devotees that the retreat centres at Dihika, Telary, and Serampore are available round the year. Dihika is the site where Gurudeva sowed the seeds of his sacred worldwide mission.

LONG MEDITATION PROGRAMMES

At Yogoda Satsanga Math, Dakshineswar

Practise long meditation with depth. That is what takes you to His kingdom. Until you learn to practise meditation both long and deep God will not reveal Himself to you. — Sri Sri Paramahansa Yogananda.

Note: The programmes 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 please 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 could disturb the devotees present.

If you are interested in participating in these programmes, you are requested to 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 specifying the date of your attendance.

Date	Duration	Time
February 27, 2016	6 hours	10:00 a.m. – 4:00 p.m.
March 26, 2016	6 hours	10:00 a.m. – 4:00 p.m.
April 30, 2016	6 hours	10:00 a.m. – 4:00 p.m.
May 28, 2016	6 hours	10:00 a.m. – 4:00 p.m.
June 25, 2016	6 hours	10:00 a.m. – 4:00 p.m.

To make available Gurudeva's life-transforming teachings to interested souls, YSS will be participating, as in years past, in the forthcoming Kolkata Book Fair to be held from January 27 to February 7, 2016.

We wish you a joyous and a happy New Year.