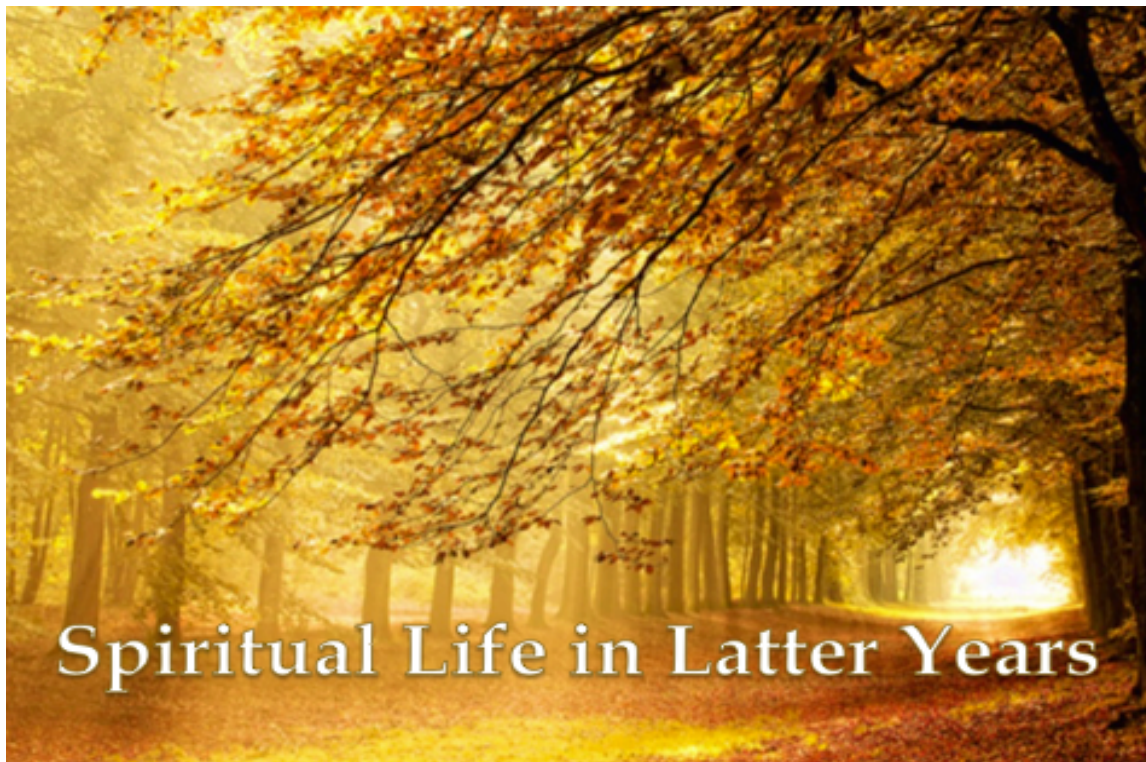


Self-Realization Fellowship Temple
San Diego



A Morning Retreat with Brother Ishtananda

Saturday, September 23, 2017

9:00 to 10:30 am Welcome & Class

10:30 to 11:30 am Introspection & Individual Meditation

11:30 am to 12:30 pm Class on Introspection Topics & Closing

"Remember that life is God's play, and the last chapter is the most important."

– Paramahansa Yogananda

Some Topics Include

- What are my priorities at this stage of my life?
- As the body changes how much attention should I give to exercise, diet, checkups, etc.?
- What is the right attitude toward the death of loved ones and my own impending death?

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