

Online *How-to-Live* Classes

For ages 9 – 17

Helping young people lay a spiritual
foundation for their lives

January 24 – May 23, 2026

*One Saturday in January,
then two Saturdays a month*

In these immersive online classes, children and teens
will have the opportunity to:

- Practice prayer and meditation as taught by Paramahansa Yogananda
- Learn principles from Yogananda's "how-to-live" teachings for building strengths, facing challenges, and approaching life with abundant joy and self-confidence — through discussions, storytelling, and other activities
- Establish spiritually grounding friendships and a sense of inner peace and security

Separate online classes for boys and girls
with two available times:

9:00 a.m. or 5:00 p.m. (Pacific Time)

Led by trained Self-Realization Fellowship youth teachers

Registration Now Open

Learn more and register: **Yogananda.org/Youth**

All rights reserved by Self-Realization Fellowship.

