



Next Session of SRF Online *How-to-Live* Classes for Children and Teens

“Building Joy-Filled Spiritual Friendships”

Starting January 24, 2026

Registration Now Open

Dear Friend,

We are very pleased to announce the availability of the next session of online *How-to-Live* classes for children and teens. This series of ongoing live, interactive classes conducted via Zoom begins January 24 (see full schedule below).

Children and teens will join in the practice of the SRF Energization Exercises and meditation, and engage in discussions, storytelling, and other activities that illustrate Paramahansa Yogananda’s wisdom for building strengths, facing challenges, and approaching life with the abundant joy and self-confidence that come from spiritual understanding and experiencing “how-to-live” education.



The classes are designed to:

- Promote peer interaction and student support, similar to in-person gatherings, through small classes (organized with separate classes for boys and girls);
- Help introduce your child or teen to Paramahansaji’s inspiring “how-to-live” principles, using age-appropriate approaches (see age ranges below);
- Provide an immersive experience in an online learning environment that encourages uplifting fellowship; and
- Establish spiritually grounding friendships and a sense of inner peace and security.

Creating a Spiritual Foundation for All Ages

Paramahansa Yogananda felt deeply for the welfare of youth and took a lifelong interest in their all-around education. Building on the rich, in-person offerings developed for SRF Youth Programs over many decades, SRF online *How-to-Live* programs teach young people how to lay a spiritual foundation for their lives, one that becomes a sustaining positive influence long after the series of classes.

Many of the teachers have served as long-time SRF Sunday school teachers, and a number of them work professionally as teachers. All teachers and teaching assistants have completed extensive training in age-appropriate instruction, online classroom management, and youth protection.

BROTHER CHIDANANDA, PRESIDENT

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IN INDIA: YOGODA SATSANGA SOCIETY OF INDIA

SCHEDULE

January 24 – May 23, 2026

Classes will be held on the following Saturdays:

- January 24
- February 14 and 21
- March 21 and 28
- April 11 and 25
- May 2 and 23

Classes are only being taught in English, but there are currently two class times to choose from to accommodate those living in various time zones.

Children: 9 – 12 years

- 9:00 a.m. or 5:00 p.m. (Pacific Time)
- Class duration: 60 minutes

Teens: 13 – 17 years

- 9:00 a.m. or 5:00 p.m. (Pacific Time)
- Class duration: 60 minutes

To help make this program widely accessible, the classes are currently being offered free of charge.

Please note that we recommend using a desktop or laptop computer to register.

Register your child or teen today at [If you have any questions, please email \[helpdesk@yogananda-srf.org\]\(mailto:helpdesk@yogananda-srf.org\) or call +1 \(760\) 421-5151. Please note: Long distance charges may apply.](http://Yogananda.org>Youth</p></div><div data-bbox=)

We hope that this new series of online classes will help children and teens set their feet on the path of spiritual development, leading to truly satisfying inner and outer lives. May God bless you and your family!

In divine friendship,

*Self-Realization Fellowship
Youth Services*

P.S. If you would like to support SRF and the online “How-to-Live” classes for youth, please offer your gift at: Youth. Thank you!