

**Kansas City Meditation Group of Self-Realization Fellowship  
Center Department Monastic Visit**

**Thursday 3/1:**

7:00PM-Meditation

8:00-9:00PM- Inspirational Service – Satsanga (email questions to Bro. Sarvananda) [Sarvananda@yogananda-srf.org](mailto: Sarvananda@yogananda-srf.org)

9:00PM-Greeting members

**Friday 3/2:**

10:30am-Rajarsi's Crypt

11:30am-Lunch @ Eden Alley

12:30-2:15pm-Kemper or Nelson Atkins Museum

4-7pm-Teen Group Activity – indoor rock climbing, or a hike if weather is unusually warm. (Only for teen group)

7:30pm-After teen outing: Beginners harmonium workshop and service leading @ Soulgrave Theater

**Saturday 3/3:**

9:30am-12:30pm-Workshops:

1. Compromising Workshop
2. Modeling A Guided Meditation
3. Workshop on A Vision for A Building

12:30pm-Potluck Lunch

1:30pm-EE Review

2:15pm-Inspirational Video: DVD – Sri Daya Mata on SRF Aims and Ideals – 1 hour

**Sunday 3/4:**

8:00-9:00am-Meditation

9:00-10:00am-Meditation

10:00am-Service (Topic: Practicing the Presence of God) /Sunday School

11:30am-Lunch @ Taj Mahal