



SELF-REALIZATION
FELLOWSHIP

Visitor's DIRECTORY

Temples, Retreats
& Ashram Centers

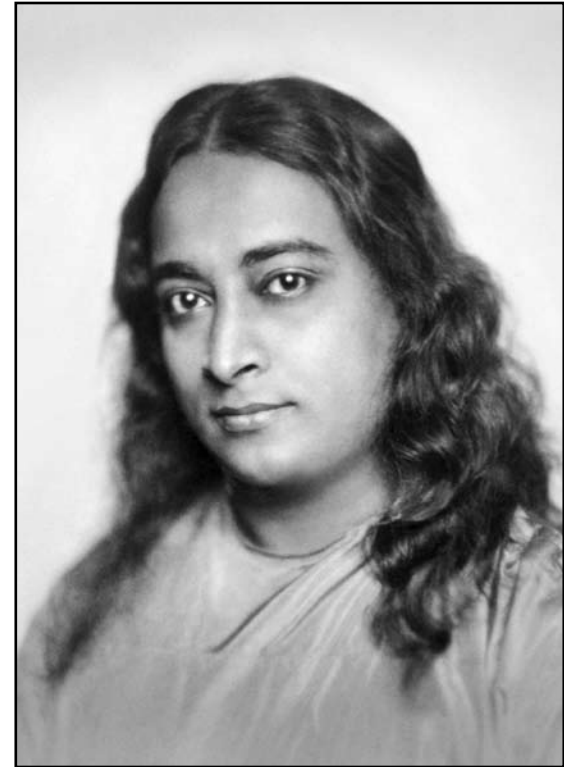
CALIFORNIA & ARIZONA



Self-Realization Fellowship

FOUNDED 1920

Paramahansa Yogananda



There is great value in visiting places where saints have lived...Such places are forever permeated with the vibrations left there by the divine souls who walked those grounds. Their vibrations will remain until this earth is dissolved. Where souls have communed with God, there you will find greater communion and response from God. Often such pilgrimages completely change one's life for the better.

— **Paramahansa Yogananda**

WELCOME

We are happy to welcome you and hope you will enjoy your visit.

Self-Realization Fellowship, the international nonprofit religious society founded by Paramahansa Yogananda in 1920, is dedicated to carrying on his spiritual and humanitarian work—introducing to truth-seekers throughout the world his universal teachings on the ancient science and philosophy of Yoga, and the time-honored methods of meditation he taught for attaining direct personal experience of God. Through its worldwide service, Self-Realization Fellowship seeks to foster a spirit of greater harmony and goodwill among those of all races, cultures, and creeds, and a deeper understanding of the underlying unity of all religions.

We invite you to visit our ashram centers, temples, and retreats, where the natural beauty and peaceful atmosphere offer refreshment to mind and spirit. Many of these spiritual centers were established by Paramahansa Yogananda during his lifetime, and they have since become places of pilgrimage for thousands of people each year who come from all parts of the globe to visit the sites where this great world teacher lived, worked, and communed with God.

You are welcome also to attend the lecture services and meditations at our temples. Our ministers are available for spiritual counsel and to provide guidance in the study and practice of the Self-Realization Fellowship teachings. Should you wish to speak with a minister, you may make an appointment in advance by calling any of the temples, or by writing or telephoning the Mother Center.

You will find further information about the life and teachings of Paramahansa Yogananda in our descriptive free literature. If you would like to know more about current Self-Realization Fellowship activities, or about our centers and meditation groups around the world, please call or write:

Self-Realization Fellowship

3880 San Rafael Ave.
Los Angeles, CA 90065-3219
(323) 225-2471 • Fax (323) 225-5088
www.yogananda-srf.org

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MOTHER CENTER International Headquarters

3880 San Rafael Ave., Los Angeles, CA 90065-3219
(323) 225-2471



Paramahansa Yogananda established the international headquarters of Self-Realization Fellowship in 1925. It is located on the crest of Mt. Washington, five miles from downtown Los Angeles. Here he lived and worked for more than twenty years, and from this center his lectures, writings, and recorded talks are published and made available worldwide. Also situated here are ashrams (monastic communities) for members of the Self-Realization Fellowship Order.

Paramahansa Yogananda's living quarters at the Mother Center have been preserved as a shrine, and there are exhibits of some of his personal effects in the library and reception hall. The chapel where he conducted services throughout the years is open daily for prayer and meditation. A lovely outdoor "temple of leaves," where he often gave classes, also invites quiet reflection and meditation, and visitors are welcome to enjoy the Mother Center gardens.

VISITING HOURS

MEDITATION GROUNDS, CHAPEL & RECEPTION HALL

Tuesday–Saturday 9:00 a.m. – 5:00 p.m.

Sunday 1:00–5:00 p.m.

Closed on holidays

Please telephone for current information.

VISITOR'S CENTER

(just inside the entrance gate)

Tuesday–Friday 9:00 a.m. – Noon

1:40–4:30 p.m.

Saturday 11:00 a.m. – 12:30 p.m.

1:15–4:30 p.m.

Sunday 1:15–4:30 p.m.

Closed on Mondays & holidays

Books, recording, and videos are available for purchase as well as complimentary introductory literature.

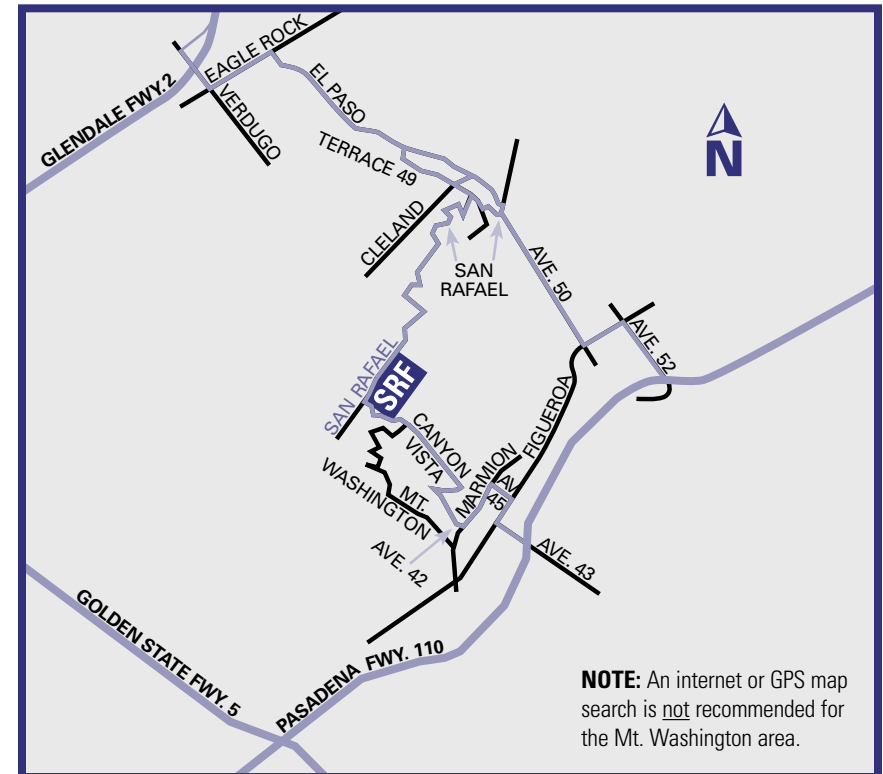
DIRECTIONS

By freeway from downtown Los Angeles @ Ave. 52 Exit (Option 1):

- Take the Pasadena Fwy. 110 north to the Ave. 52 exit.
- Turn left onto Ave. 52.
- Turn left onto Figueroa St.
- Turn right onto Ave. 50. and travel 0.6 mile.
- Turn left onto San Rafael Ave., and go uphill for 1.1 miles to the Mother Center.

By freeway from downtown Los Angeles @ Ave. 43 Exit (Option 2):

- Take the Pasadena Fwy. 110 north to the Ave. 43 exit.
- Turn left onto Ave. 43.
- Turn right onto Figueroa St..
- Turn left onto Ave. 45.
- Turn left onto Marmion Way.
- Turn right onto Ave. 42.
- After the stop sign, cross Glenalbyn Dr. and continue up Ave. 42.
- Make a sharp right onto Glenmuir Ave. (a one-way street going uphill), which becomes Canyon Vista Dr. as it turns left. Continue to Mt. Washington Dr.
- Proceed up the hill to San Rafael Ave., turn right and go ½ block to the Mother Center entrance on the right.



NOTE: An internet or GPS map search is not recommended for the Mt. Washington area.

By surface streets from downtown Los Angeles:

- Drive 2½ miles on Broadway north to Pasadena Ave. (just across the Los Angeles River bridge).
- Make a diagonal left turn onto Pasadena Ave. Proceed to the third stoplight.
- Turn left to stay on Pasadena Ave.
- Take a diagonal left turn onto Marmion Way (crossing Figueroa St.).
- Turn left onto Ave. 42.
- Proceed as indicated in “By freeway from downtown Los Angeles (Option 2).”

By freeway from Pasadena:

- Take the Pasadena Fwy. 110 south to the Ave. 52 exit.
- Turn right onto Ave. 52.
- Proceed as indicated in “By freeway from downtown Los Angeles (Option 1).”

By freeway from Burbank Airport:

- Take the Golden State Fwy. 5 south.
- Take the Pasadena Fwy. 110 north to the Ave. 52 exit.
- Proceed as indicated in “By freeway from downtown Los Angeles (Option 1).”

By freeway from Glendale:

- Take the Ventura Fwy. 134.
- Take the Glendale Fwy. 2 south to the Verdugo Rd. exit.
- Turn left onto Verdugo Rd.
- Turn left onto Eagle Rock Blvd.
- Turn right onto El Paso Dr.
- Turn right onto Cleland Ave.
- Turn left onto Terrace 49.
- Make a sharp right turn onto San Rafael Ave. Proceed 1½ miles uphill to the Mother Center.

By bus or Metro from downtown Los Angeles or Hollywood Temple:

We suggest you call the public transportation companies for the latest information on your planned route(s). Please refer to page 32 for phone numbers.

By bus: Disembark at the corner of N. Figueroa St. and Ave. 45.

By Metro Gold Line: Disembark at the Southwest Museum stop and cross the street directly from the Metro Line station.

Call for pickup: From the two locations above, you can call (323) 225-2471 and request a pickup as there is no public transportation serving the Mother Center. Check for payphones in the vicinity.

Directions from LAX to the Mother Center (Mt. Washington):

- Follow the signs to the Century Fwy. 105.
- Take the Century Fwy. 105 east.
- Take the Harbor Fwy. 110 north to the Ave. 52 exit.
- Proceed as indicated in “By freeway from downtown Los Angeles (Option 1).”

Alternate route:

- Take Century Blvd. to the San Diego Fwy. 405.
- Take the San Diego Fwy. 405 north.
- Take the Santa Monica Fwy. 10 east.
- Take the Harbor Fwy. 110 north to the Ave. 52 exit.
- Proceed as indicated in “By freeway from downtown Los Angeles (Option 1).”

Directions from the Mother Center to LAX:

- Take the Pasadena Fwy. 110 south.
- Take the Century Fwy. 105 west to the Sepulveda Blvd. exit.
- Follow the signs to the airport. It takes about 30 minutes in light traffic (allow additional time to reach the terminal).

Alternate route:

- Take the Pasadena Fwy. 110 south.
- Take the Santa Monica Fwy. 10 west.
- Take the San Diego Fwy. 405 south to the Century Blvd. exit.
- Turn right on Century Blvd. and follow the signs to the airport.

NOTE: An internet or GPS map search is not recommended for the Mt. Washington area.



SCHEDULE OF WEEKLY LECTURES & SERVICES

Tuesday–Sunday	Noon–4:00 p.m.	Open for Silent Meditation and Prayer
Sunday	8:00 a.m.	Meditation
	9:30 & 11:00 a.m.	Lecture Service (Parents with children under 3 years of age may hear and observe service in the Family Room.)
	9:30 a.m.	Sunday School (minimum age: 3 years)
	4:45–6:45 p.m.	Bhagavad Gita Study Group
	7:00–9:00 p.m.	Meditation
Monday	7:00–9:00 p.m.	<i>Lessons</i> Study Group
Wednesday	7:30–9:30 p.m.	Meditation (<i>kirtan</i> on 1st, 3rd, & 5th Wed. of each month)
Thursday	8:00 p.m.	Lecture Service and Prayer Circle
Friday	7:00–9:00 p.m.	Second Coming of Christ Study Group
Saturday	6:00 a.m.	Energization Exercises
	6:15–8:50 a.m.	Meditation
	5:30–6:55 p.m.	Meditation (doors open at 5:30 p.m.)
	7:00–10:00 p.m.	Long Meditation (doors open at 7:00 p.m.)

DIRECTIONS

By freeway from Los Angeles:

- Take the Santa Ana Fwy. 5 south to the Encinitas Blvd. exit (100 miles from Los Angeles).
- Turn right onto Encinitas Blvd.
- Turn left onto South Coast Hwy. 101.
- Turn right onto "I" St. and go one block.
- Turn right onto 2nd St. The temple is ½ block down the street, on the right.

By freeway from San Diego:

- Take the San Diego Fwy. 5 north to the Encinitas Blvd. exit.
- Turn left onto Encinitas Blvd.
- Proceed as indicated in "By freeway from Los Angeles."

By train from Los Angeles:

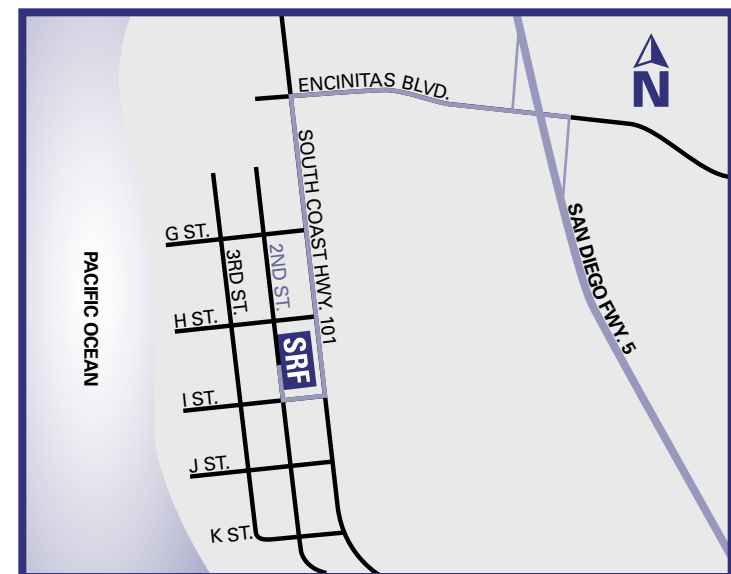
Amtrak Railway offers several trips daily to the closest train station, in Solana Beach, three miles south of Encinitas. From Solana Beach, you can take a taxi or bus to the Temple or Retreat. (See page 32 for Amtrak phone number.)

By train from San Diego:

The Coaster train offers trips daily from San Diego to the Encinitas station. You can then take a taxi, bus, or walk to the temple or retreat.

By bus from San Diego or Los Angeles:

The Greyhound bus does not stop in Encinitas. You can take Greyhound to the Oceanside Transit Center, 12 miles north of Encinitas, and transfer there to a bus of the North San Diego County Transit District. However, most people coming from Los Angeles find it preferable to take the Amtrak train to Solana Beach (see above).



ENCINITAS Retreat

215 "K" St., Encinitas, CA 92024-5040
(760) 753-1811 • Email: encretreat@yogananda-srf.org



Paramahansa Yogananda established the Self-Realization Fellowship Ashram Center in Encinitas in 1937. Here, at the Hermitage where he lived for many years, he wrote his *Autobiography of a Yogi*, widely regarded today as a modern spiritual classic. The Ashram Center, Retreat, and nearby Books and Gifts are located on the Pacific Coast, 100 miles south of Los Angeles and 25 miles north of San Diego.

RESERVATIONS & VISITING HOURS

RETREAT:

Our retreat is open year-round for Self-Realization Fellowship members and friends who wish to renew body, mind, and spirit in the peaceful environment of this spiritual sanctuary. (See page 30 for information about reserving retreat accommodations.)

HERMITAGE:

Sunday 2:00–5:00 p.m. (Except in rainy weather.
Please phone in advance to ensure admission.)

MEDITATION GARDENS:

Tuesday–Saturday 9:00 a.m.–5:00 p.m.
Sunday 11:00 a.m.–5:00 p.m.

SELF-REALIZATION FELLOWSHIP BOOKS AND GIFTS:

1150 South Coast Hwy. 101, Encinitas, CA 92024 • (760) 753-2888

Books and Gifts offers all the Self-Realization Fellowship publications as well as distinctive arts and crafts from India. Open 10:00 a.m. to 5:00 p.m. daily; closed on Mondays and holidays.

DIRECTIONS

By freeway from Los Angeles:

- Take the Santa Ana Fwy. 5 south to the Encinitas Blvd. exit (100 miles from Los Angeles).
- Turn right onto Encinitas Blvd.
- Turn left onto South Coast Hwy. 101.
- Turn right onto "K" St. The retreat is one block down the street, on the left.

By freeway from San Diego:

- Take the San Diego Fwy. 5 north to the Encinitas Blvd. exit.
- Turn left onto Encinitas Blvd.
- Proceed as indicated in "By freeway from Los Angeles."

By train from Los Angeles:

Amtrak Railway offers several trips daily to the closest train station, in Solana Beach, three miles south of Encinitas. From Solana Beach, you can take a taxi or bus to the Temple or Retreat. (See page 32 for Amtrak phone number.)

By train from San Diego:

The Coaster train offers trips daily from San Diego to the Encinitas station. You can then take a taxi, bus, or walk to the temple or retreat.

By bus from San Diego or Los Angeles:

The Greyhound bus does not stop in Encinitas. You can take Greyhound to the Oceanside Transit Center, 12 miles north of Encinitas, and transfer there to a bus of the North San Diego County Transit District. However, most people coming from Los Angeles find it preferable to take the Amtrak train to Solana Beach (see above).



FULLERTON Temple

142 East Chapman Ave., Fullerton, CA 92832-1924
(714) 525-1291 • www.fullertontemple.org



The Self-Realization Fellowship Temple in Fullerton, established in 1967, is located four blocks north of Commonwealth Ave. and one block east of Harbor Blvd. opposite Fullerton High School.

SCHEDULE OF WEEKLY LECTURES & SERVICES

Sunday	10:00 a.m.	Meditation
	11:00 a.m.	Lecture Service (Parents with children under 3 years of age may hear and observe service from a soundproof room.)
	11:00 a.m. 12:30 p.m.	Sunday School (minimum age: 3 years) Meditation (2nd & 4th Sun. of each month)
Monday	7:30 p.m.	Women's Hatha Yoga Class
Thursday	8:00 p.m.	Lecture Service and Prayer Circle
Saturday	7:00 p.m.	Energization Exercises
	7:15–10:00 p.m.	Meditation

DIRECTIONS

By freeway from downtown Los Angeles:

- Take the Santa Ana Fwy. 5 south.
- Take the Riverside Fwy. 91 east for 4 miles to the Harbor Blvd. exit.
- Turn left onto Harbor Blvd.
- Turn right onto Chapman Ave. and continue one block to the temple.

By freeway from San Diego or Encinitas:

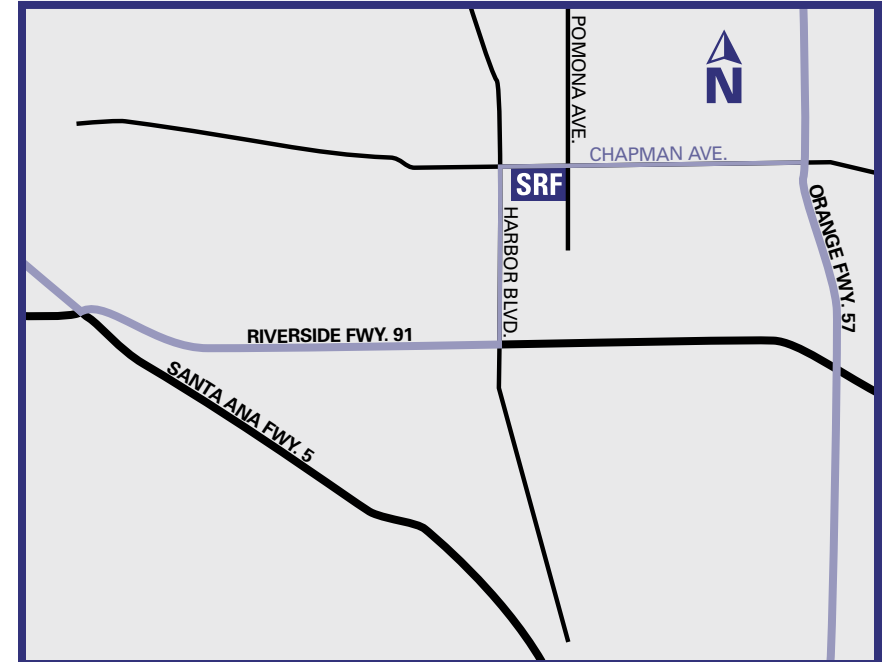
- Take Freeway 5 north.
- Take the Orange Fwy. 57 to the Chapman Ave. exit.
- Turn left onto Chapman Ave. and go approximately 2½ miles to the temple.

By freeway from the San Gabriel Valley (east of Los Angeles):

- Take the Pomona Fwy. 60 to the Orange Fwy. 57 south.
- Take the Nutwood/Chapman Ave. exit.
- Go past Nutwood Ave. and turn right onto Chapman Ave.
- Continue west approximately 2½ miles to the temple.

By train or bus from Los Angeles:

We suggest you call the public transportation companies for the latest information on your planned route(s). Please refer to page 32 for phone numbers.





The Self-Realization Fellowship Temple in Glendale, established in 2008, is located close to downtown Glendale near the intersection of the 134 and 2 Freeways.

SCHEDULE OF WEEKLY LECTURES & SERVICES

Sunday	10:00 a.m.	Meditation
	11:00 a.m.	Lecture Service (Parents with children under 3 years of age may hear service in the nursery.)
	11:00 a.m.	Sunday School (minimum age: 3 years)
	6:30 p.m.	Energization Exercises
Thursday	6:45–9:30 p.m.	Meditation
	8:00 p.m.	Lecture Service and Prayer Circle
Friday	7:00 p.m.	Energization Exercises
	7:15–9:30 p.m.	Meditation

DIRECTIONS

From the West:

- Take the Ventura Fwy. 134 east.
- Exit at Harvey.
- Turn left onto Harvey.
- Turn right onto Chevy Chase, 1/3 mile up on the right side.

From the East:

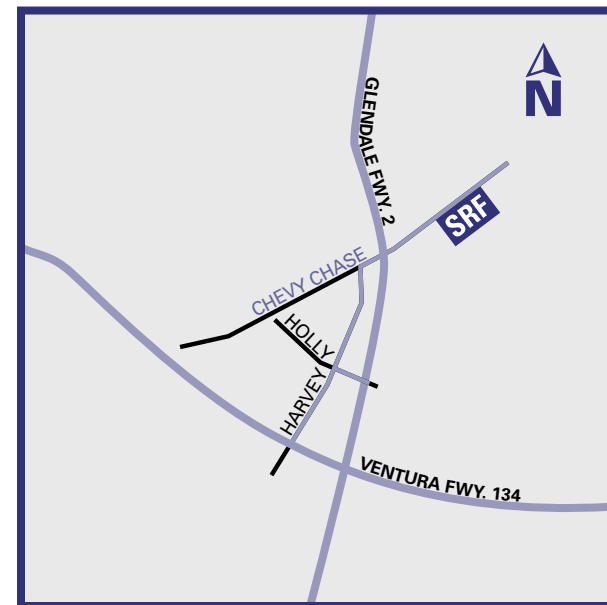
- Take the Ventura Fwy. 134 west.
- Exit at Harvey.
- Turn right onto Harvey.
- Turn right onto Chevy Chase, 1/3 mile up on the right side.

From the South:

- Take the Glendale Fwy. 2 north.
- Exit at Holly.
- Turn left onto on Holly.
- Turn right onto Harvey.
- Turn right onto Chevy Chase, 1/3 mile up on the right side.

From the North:

- Take the Glendale Fwy. 2 south.
- Exit at Holly.
- Turn right onto Holly.
- Turn right onto Harvey.
- Turn right onto Chevy Chase, 1/3 mile up on the right side.



HOLLYWOOD Temple & Ashram Center

4860 Sunset Blvd., Hollywood, CA 90027-5999
 (323) 661-8006 • www.hollywoodtemple.org



The Self-Realization Fellowship Temple and Ashram Center in Hollywood, located six miles from downtown Los Angeles, were established by Paramahansa Yogananda in 1942, and he conducted services at the temple here for many years.

VISITING HOURS

Book Room	Tues. – Sat.	10:00 a.m. – 4:00 p.m.
	Sunday	10:30 a.m. – 12:30 p.m.
Temple	Daily	5:30 – 7:30 p.m.

SCHEDULE OF WEEKLY LECTURES, CLASSES & SERVICES

Sunday	8:30 a.m.	Meditation
	10:30 a.m. – 12:30 p.m.	Book Room Visiting Hours
	9:30 & 11:00 a.m.	Lecture Service (Parents with children under 3 years of age may attend the service in our video room.)
	9:30 a.m.	Sunday School (minimum age: 3 years)
	7:00 – 9:00 p.m.	Meditation
Monday	6:00 p.m.	Women's Hatha Yoga Class
	7:30 p.m.	Men's Hatha Yoga Class
Thursday	1:00 p.m.	Women's Hatha Yoga Class
	8:00 p.m.	Lecture Service and Prayer Circle
	9:00 – 9:30 p.m.	Book Room Visiting Hours
Friday	6:30 p.m.	Energization Exercises
	7:00 – 10:00 p.m.	Meditation
Saturday	9:00 a.m.	Women's Hatha Yoga Class

DIRECTIONS

By freeway from downtown Los Angeles:

- Take the Hollywood Fwy. 101 north to the Melrose Ave. exit.
- Turn right onto Melrose Ave.
- Turn left onto Edgemont St. and continue across Santa Monica Blvd. and Fountain Ave.
- The temple's parking lot is at the southeast corner of Edgemont St. and Sunset Blvd.

By surface streets from downtown Los Angeles:

- Take Broadway, Grand Ave., Main St., or Spring St. north to Cesar E. Chavez Ave. (several blocks north of First St.).
- Turn left onto Cesar E. Chavez Ave., which turns into Sunset Blvd. Proceed 5 miles.
- At the intersection of Sunset and Hollywood Blvds., turn left to remain on Sunset Blvd.
- The temple is 6 blocks away on the left.

By freeway from the Mother Center (Mt. Washington):

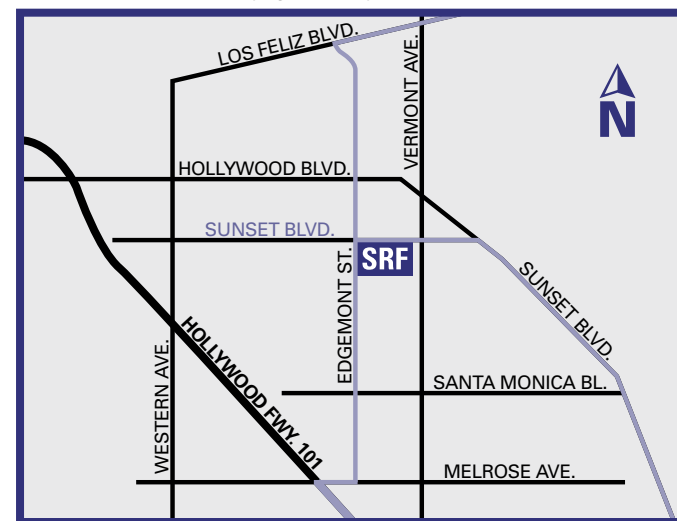
- Return to the Pasadena Fwy. 110 south (see directions to the Mother Center).
- Remain on the right-hand lane to access the Hollywood Fwy. 101 north.
- Proceed as indicated in "By freeway from downtown Los Angeles."

By surface streets from the Mother Center (Mt. Washington):

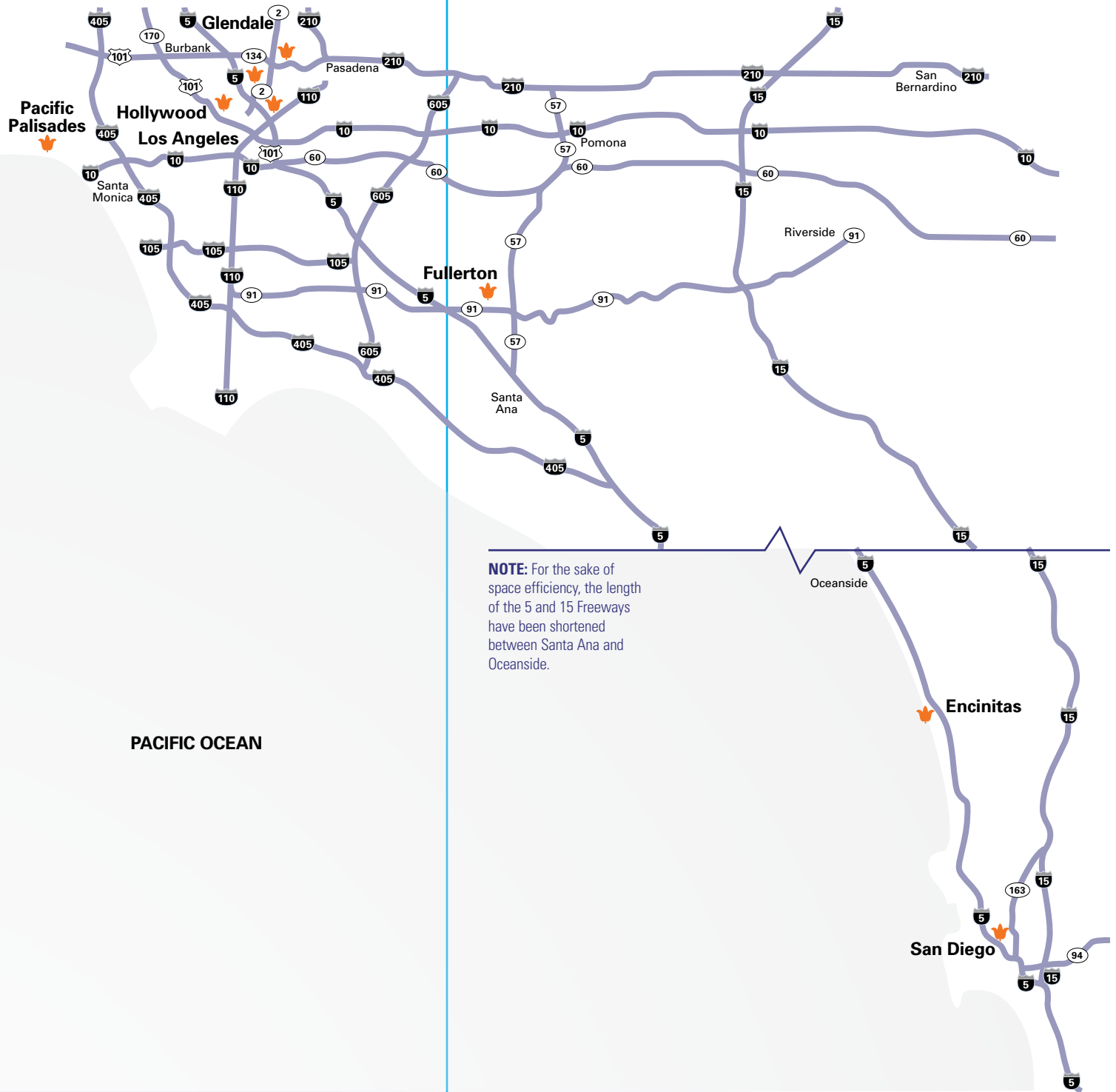
- Return to Marmion Way (see directions to the Mother Center).
- Turn right onto Marmion Way.
- Turn right onto Figueroa St. Continue until it turns into Riverside Dr. and proceed 4 miles.
- Turn left onto Los Feliz Blvd. and drive 1½ miles.
- Turn left onto Edgemont St. Continue past Sunset Blvd. The temple's parking lot is at the southeast corner of Edgemont and Sunset.

By bus from downtown Los Angeles or from Mt. Washington:

We suggest you call the public transportation companies for the latest information on your planned route(s). Please refer to page 32 for phone numbers.



SOUTHERN CALIFORNIA FREEWAY MAP



LAKE SHRINE Temple & Retreat

17190 Sunset Blvd., Pacific Palisades, CA 90272-3099
(310) 454-4114 • www.lakeshrinetemple.org



The Self-Realization Fellowship Lake Shrine was dedicated by Paramahansa Yogananda in 1950. Many thousands of visitors come each year to enjoy the scenic beauty and serenity of this spiritual sanctuary.

The ten-acre site, with its natural spring-fed lake, includes:

- The Court of Religions honoring the five principal religions of the world
- The Mahatma Gandhi World Peace Memorial (where a portion of Gandhi's ashes is enshrined)
- A small museum with exhibits on Paramahansa Yogananda's work
- A gift shop with SRF publications as well as arts and crafts from India

The hilltop temple overlooking the lake was opened in 1996. The Lake Shrine Retreat, overlooking the Pacific Ocean, offers members and friends an opportunity for spiritual renewal (see page 30 for retreat information).

VISITING HOURS

LAKE SHRINE GROUNDS

Tuesday–Saturday 9:00 a.m.–4:30 p.m.
Sunday 12:30–4:30 p.m.

MUSEUM AND GIFT SHOP

Tuesday–Saturday 11:00 a.m.–4:30 p.m. (closed 12:30–1:15 p.m.)
Sunday 10:00–10:30 a.m.
Noon–4:00 p.m.

Closed on Mondays & holidays. Please telephone for current information.

SCHEDULE OF WEEKLY SERVICES

(held in the temple at 17080 Sunset Blvd.)

Sunday	9:00 & 11:00 a.m.	Lecture Service (Parents with children under 3 years of age may view services from the Family Room.)
	9:00 & 11:00 a.m.	Sunday School (minimum age: 3 years)
	12:30 p.m.	Young Adult Group (2nd & 4th Sun. of each month)
	6:10 p.m.	Energyzation Exercises
Thursday	6:30–9:30 p.m.	Meditation
	12:00–12:30 p.m.	Guided Meditation for Beginners (Windmill Chapel)
	8:00 p.m.	Lecture Service and Prayer Circle (Parents with children under 3 years of age may view services from the Family Room.)
Friday	7:10 p.m.	Energyzation Exercises
	7:30–9:30 p.m.	Meditation

Parking is available 45 minutes prior to services.

DIRECTIONS

By freeway from downtown Los Angeles:

- Take the Santa Monica Fwy. 10 west to where it turns into the Pacific Coast Hwy. 1.
- Continue for 4 miles then turn right onto Sunset Blvd.
- Lake Shrine is ¼ mile on the right.

By surface streets from downtown Los Angeles and SRF Hollywood Temple:

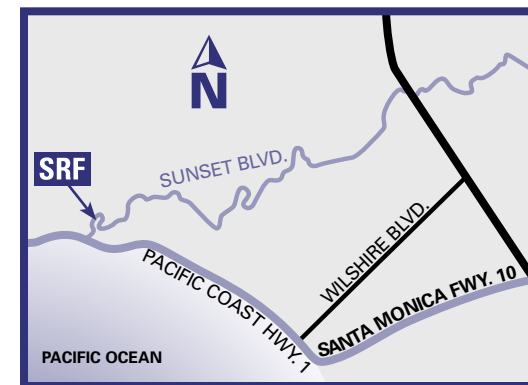
- Take Sunset Blvd. west (approx. 25 miles from downtown Los Angeles or 20 miles from the SRF Hollywood Temple).
- Lake Shrine is on the left, ¼ mile before Sunset Blvd. ends at Pacific Coast Hwy. 1.

By freeway from Mother Center (Mt. Washington):

- Return to the Pasadena Fwy. 110 south toward downtown Los Angeles (see directions to the Mother Center).
- At the downtown freeway interchange, keep left onto the Harbor Fwy. 110 south.
- Take the Santa Monica Fwy. 10 west and proceed as indicated in "By freeway from downtown Los Angeles."

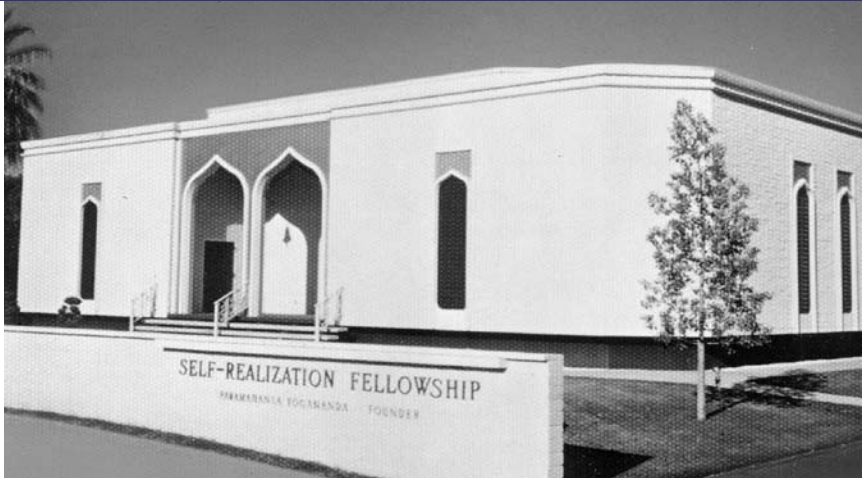
By bus from downtown Los Angeles or Hollywood:

We suggest you call the public transportation companies for the latest information on your planned route(s). Please refer to page 32 for phone numbers.



PHOENIX Temple & Ashram Center

6111 North Central Ave., Phoenix, AZ 85012-1232
 (602) 279-6140 • www.phoenixtemple.org



The Self-Realization Fellowship Temple and Ashram Center in Phoenix are located five miles north of the Civic Center. This temple, dedicated in 1970, is an outgrowth of the Self-Realization Fellowship Center established in Phoenix by Paramahansa Yogananda in 1948.

SCHEDULE OF WEEKLY LECTURES & SERVICES

Sunday	9:00 a.m.	Meditation
	10:00 a.m.	Lecture Service (Parents with children under 3 years of age may hear service in room next to Sunday School.)
	10:00 a.m.	Sunday School (minimum age: 3 years)
	5:40 p.m.	Energization Exercises
Wednesday	6:00–9:00 p.m.	Meditation
	7:00–8:30 p.m.	Group-Study Class
Thursday	8:00 p.m.	Lecture Service and Prayer Circle
Friday	7:40 p.m.	Energization Exercises
	8:00–9:30 p.m.	Meditation

DIRECTIONS

By freeway from downtown Phoenix:

- Take Interstate 17 (Black Canyon Fwy.) to the Bethany Home Rd. turnoff.
- Turn right onto Bethany Home Rd. Continue east for 2 miles to Central Ave.
- Turn left on Central Ave. The temple, which is in a residential neighborhood, is on the right (east) side.

By surface streets from downtown Phoenix:

- Take Central Ave. north. The temple is 1/8 mile past Bethany Home Rd., on the right.

By surface streets from Scottsdale:

- Drive west on Camelback Rd. (8½ miles past Scottsdale Rd.)
- Turn right onto Central Ave. and continue 1 mile to the temple.

By surface streets from Glendale:

- Drive east on Glendale Ave. (5½ miles past 51st Ave.)
- Turn right onto Central Ave. and continue 1 mile to the temple.

By freeway from airport:

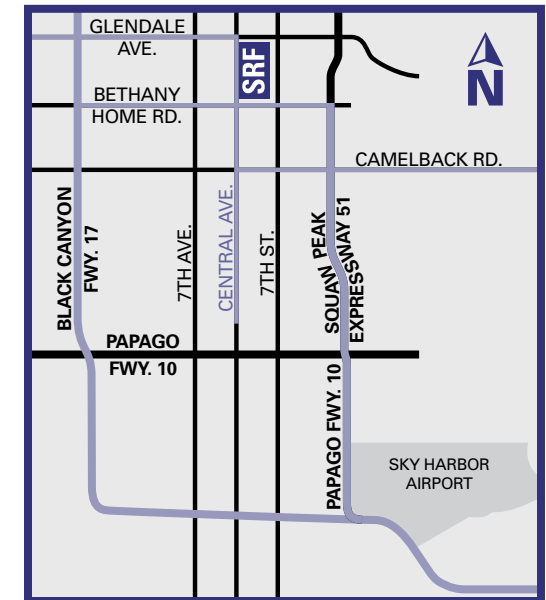
- Follow the signs to Squaw Peak Expressway 51. This enters on Interstate Highway 10.
- Turn right on 51 (about one mile from entry lane) to the Bethany Home Rd. turnoff.
- Turn left onto Bethany Home Rd.
- Turn right onto Central Ave. and continue 1/8 mile to the temple.

By freeway from northern Arizona:

- Take Interstate 17 south to the Bethany Home Rd. turnoff.
- Turn left onto Bethany Home Rd. and continue for 2 miles.
- Turn left onto Central Ave.

By bus from downtown Phoenix:

We suggest you call the public transportation companies for the latest information on your planned route(s).



RICHMOND Temple

6401 Bernhard Ave., Richmond, CA 94805-1655
(510) 232-6652 • www.richmondtemple.org



The Self-Realization Fellowship Temple in Richmond, established in 1974, is located just outside the city limits of Richmond. Situated on a hilltop 14 miles northeast of San Francisco, the temple overlooks Wildcat Canyon Regional Park and the San Francisco Bay.

SCHEDULE OF WEEKLY LECTURES & SERVICES

Sunday	10:00 a.m.	Meditation
	11:00 a.m.	Lecture Service (Parents with children under 3 years of age may hear and observe service in the Family Room.)
	11:00 a.m.	Sunday School (minimum age: 3 years)
	6:00 p.m.	Energization Exercises
	6:15–8:00 p.m.	Meditation
Tuesday	7:00 p.m.	Energization Exercises
	7:15–9:00 p.m.	Meditation
Thursday	7:30–8:30 p.m.	Devotional Service and Prayer Circle
Saturday	6:00 p.m.	Energization Exercises
	6:15–9:00 p.m.	Meditation (<i>kirtan</i> on 2nd Sat. of each month)

(Please go to www.richmondtemple.org for the dates each month when a minister from the Mother Center will be present to conduct services.)

DIRECTIONS

By freeway from Sacramento/Vallejo:

- Take I-80 west across the Carquinez Bridge to the McBryde Ave. exit.
- Turn left onto McBryde Ave.
- Turn right onto Arlington Blvd. and go 1 block.
- Turn left onto Bernhard Ave. and follow to the end of the street.

By freeway from Oakland:

- Take I-580 west to I-80.
- Take the San Pablo Ave. exit.
- Turn right onto San Pablo Ave.
- Turn left onto Barrett and follow Barrett up the hill until it ends.
- Turn left onto Arlington.
- Turn right onto Cypress, go one block.
- Turn left onto Kensington, then quickly right again onto Cypress.

By freeway from San Francisco:

- Take the Bay Bridge to I-80 east (to Sacramento).
- Take the San Pablo Ave. exit and proceed as indicated in "By freeway from Oakland."

By freeway from Walnut Creek/Concord:

- Take Hwy. 24 southwest to I-580 toward Sacramento, and proceed as indicated in "By freeway from Oakland."

By freeway from Marin County:

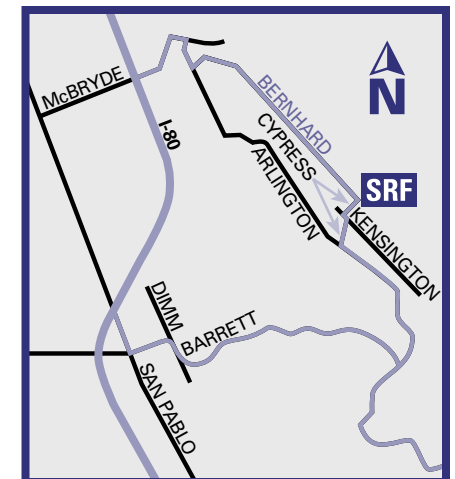
- Take I-580 east over the Richmond-San Rafael Bridge.
- Take the Bayview Ave. exit.
- Turn left onto Bayview Ave. and proceed over the freeway.
- Turn right onto Carlson Blvd.
- Turn left onto the I-80 east freeway on-ramp toward Sacramento.
- Take the San Pablo Ave. exit and proceed as indicated in "By freeway from Oakland."

By surface streets from Berkeley:

- Take Arlington Blvd. north.
- Turn right onto Cypress, go one block.
- Turn left onto Kensington, then quickly right again onto Cypress.

By Public Transit:

Call for current schedules.
BART: (510) 465-2278
AC Transit: (510) 817-1717
Golden Gate Transit: (415) 455-2000





The Self-Realization Fellowship Temple in San Diego was established in 1943 by Paramahansa Yogananda, and he conducted services here for many years. It is located in the Banker's Hill area, about 1½ miles from downtown San Diego.

SCHEDULE OF WEEKLY LECTURES & SERVICES

Sunday	8:30 a.m.	Meditation
	9:30 & 11:00 a.m.	Lecture Service (Parents with children under 3 years of age may watch service in the Family Room.)
	10:45 a.m.	Sunday School (ages 3–12) and Teen Program (ages 13–18)
	5:10 p.m.	Energization Exercises
Tuesday	5:30–8:30 p.m.	Meditation (<i>kirtan</i> on 1st & 3rd Sun. of each month)
	6:40 p.m.	Energization Exercises
Monday–Friday	7:00–8:30 p.m.	Meditation
	6:40 a.m.	Energization Exercises
Thursday	7:00–9:00 p.m.	Meditation
	7:00 p.m.	Lecture Service and Prayer Circle
Friday	6:40 p.m.	Energization Exercises
	7:00–8:30 p.m.	Meditation
Saturday	5:10 p.m.	Energization Exercises
	5:30–8:30 p.m.	Meditation (<i>kirtan</i> on 2nd & 4th Sat. of each month)

DIRECTIONS

By surface streets from downtown San Diego:

- Drive north on First Ave.
- The temple is just past Quince St., and is set back from the street on the left.

By freeway from Los Angeles (125 miles south) and Encinitas (25 miles south):

- Take Interstate Fwy. 5 (Santa Ana/San Diego Fwys.) to Washington St. in San Diego.
- Turn left, and proceed to University Ave.
- Continue to First Ave., turn right, and drive nine blocks to the temple on the right.

By freeway from East County:

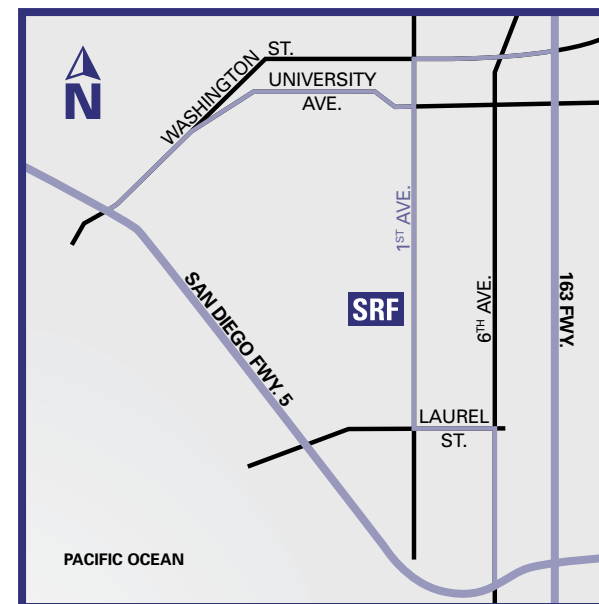
- Take the 94 Fwy. west.
- Take the San Diego Fwy. 5 north to the 6th Ave. exit.
- Turn right onto Sixth Ave.
- Turn left onto Laurel St.
- Turn right onto First Ave.

By freeway from North East County:

- Take Escondido Fwy. 15 south.
- Take the 805 Fwy. south.
- Take the 163 Fwy. south.
- Take Washington St. exit and turn right on Washington St.
- Turn left on First Ave.

By bus or train from Los Angeles, Encinitas or downtown San Diego:

We suggest you call the public transportation companies for the latest information on your planned route(s). Please refer to page 32 for phone numbers.



FOREST LAWN MEMORIAL-PARK

1712 South Glendale Ave., Glendale, CA 91205
(800) 204-3131

PARAMAHANSA YOGANANDA'S CRYPT

On March 7, 1952, Paramahansa Yogananda entered *mahasamadhi*, a great yogi's final conscious exit from the body. Each year, many followers and friends of the beloved world teacher pay tribute to him by making a pilgrimage to his crypt at Forest Lawn Memorial-Park.

VISITING HOURS

Open daily 9:00 a.m.—4:30 p.m.

DIRECTIONS

By freeway from downtown Los Angeles:

- Drive north on Hill St. 1½ miles to the Pasadena Fwy. 110 north.
- Move to the far left lane to get on the Golden State Fwy. 5 north.
- Drive 2½ miles, then take the Glendale Fwy. 2 north.
- Continue for ¼ mile to the San Fernando Rd. exit.
- Turn left onto San Fernando Rd. and go one mile.
- Turn right onto Glendale Ave.
- Go one short block to Forest Lawn on your right.

By surface streets from downtown Los Angeles:

- Take Broadway to Ave. 19.
- Turn left onto Ave. 19 (this will eventually turn into San Fernando Rd.)
- Turn right onto Glendale Ave.
- Go one short block to Forest Lawn on your right.

By surface streets from the Mother Center (Mt. Washington):

- Return to Figueroa St. and turn right. Go 1½ miles.
- Turn right onto San Fernando Rd. and go 3½ miles.
- Turn right onto Glendale Ave.
- Go one short block to Forest Lawn on your right.

By surface streets from Hollywood Temple:

- Take Edgemont St. (adjacent to temple) north and go 1½ miles.
- Turn right onto Los Feliz Blvd. and go ¾ miles.
- Turn right onto Glendale Ave.
- Go one short block to Forest Lawn on your right.

By bus from downtown Los Angeles:

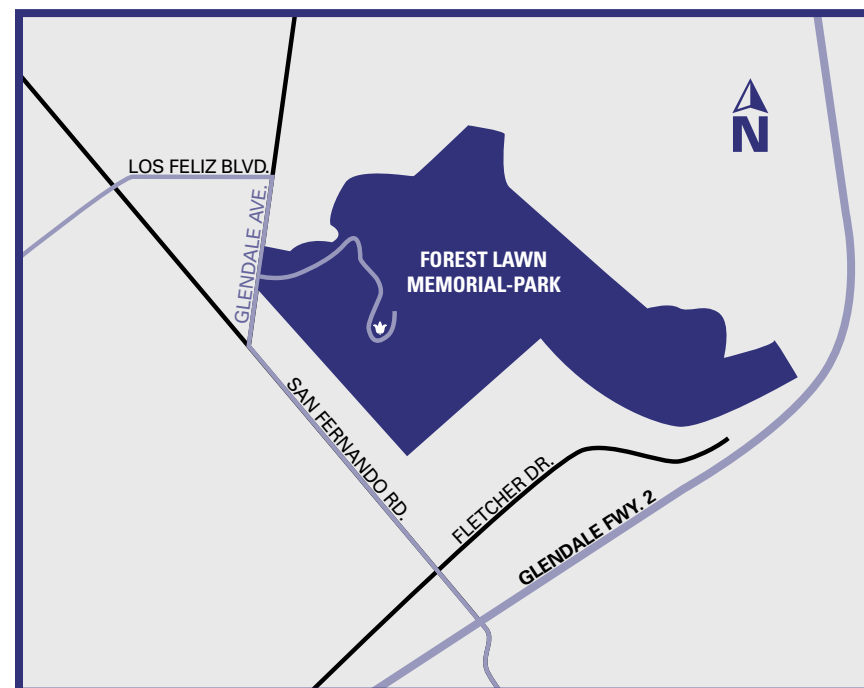
We suggest you call the public transportation companies for the latest information on your planned route(s). Please refer to page 32 for phone numbers.

Transportation at Forest Lawn:

The crypt of Paramahansa Yogananda is in the Holly Terrace, ½ mile from the main gate. For those who need it, taxi cabs are available at the information booth (just inside the main gate).

Directions to the crypt of Paramahansa Yogananda:

- Entering Holly Terrace, walk down the Corridor of the Covenant.
- Turn right at the second hall, the Corridor of Reverence. At the end is a statue of St. George.
- Follow the jog in the hallway, first to the left, then to the right.
- Proceed down the Corridor of the Madonna to the Sanctuary of Golden Slumber (the third to the last sanctuary on the left, near the end of the hall).
- Upon entering the sanctuary, you will see Paramahansa Yogananda's crypt on the right near the center of the wall.





When you know God as peace within, then you will realize Him as peace existing in the universal harmony of all things without.

—Paramahansa Yogananda

The Self-Realization Fellowship Retreats welcome all who wish to get away from the pressures of daily life for a period of spiritual renewal in a surrounding of natural beauty. Paramahansa Yogananda started the first Self-Realization Fellowship Retreat in Encinitas and established guidelines for those to come in the future.

Retreat accommodations are available on a donation basis. On many weekends, special conducted retreat programs are scheduled at Encinitas, Lake Shrine, and Hidden Valley, led by monastic disciples of the Self-Realization Order, including some in Spanish. Advance reservations are necessary for both weekday and weekend retreats and should be made directly with the Retreat.

For full information about the retreat programs at each location, and for dates of the conducted weekend retreats, please write, call, or email:

Encinitas

Self-Realization Fellowship Retreat
215 "K" St., Encinitas, CA 92024-5040
(760) 753-1811 • Fax (760) 753-8416
Email: encretreat@yogananda-srf.org

Lake Shrine

17190 Sunset Blvd., Pacific Palisades, CA 90272-3099
(310) 459-4740 • Fax (310) 459-8716
Email: lsretreat@yogananda-srf.org

Hidden Valley

Guest Program
16455 Old Guejito Grade Rd., Escondido, CA 92027-6208
(760) 749-3399 • Fax (760) 749-3323
Email: info@hvashtam.org

Note: As this is a monks' ashram training center, programs are currently available only for men.

PUBLIC TRANSPORTATION SERVICES

Listed here for your convenience are transportation services in the Southern California cities where Self-Realization Fellowship Temples, Retreats, and Ashram Centers are located.

NOTE: Self-Realization Fellowship is not able to provide transportation services to or from the temples and ashram centers, or between transportation terminals and hotels/motels. However, visitors traveling to the Mother Center by public transportation can arrange to be picked up by car at the base of Mt. Washington, as indicated under the heading "By Bus or Metro..." on page 7. Please refer to that section for details.

AIRPORTS

Burbank 2627 North Hollywood Way (818) 840-8847	Los Angeles International Inglewood (310) 646-5252	San Diego International Lindbergh Field, Harbor Drive (619) 231-5220
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TRANSPORTATION FROM AIRPORTS

Both bus and limousine services are available to and from Los Angeles International, Burbank, and San Diego International Airports. At Los Angeles International Airport, all airline terminals are served by airport shuttle services, which transport passengers at frequent intervals to Hollywood, downtown Los Angeles, Glendale, and other areas. Please check at your airline terminal for schedules of departures, destinations, and fees.

INTER-CITY BUS LINE

Greyhound Lines, Inc. has a toll-free telephone number that connects to its central, nationwide information center for schedules, reservations, and fares. The number is: (800) 231-2222.

Greyhound Bus Stations:

Escondido	700 W. Valley Pkwy.	(760) 745-6522
Hollywood	1409 N. Vine St.	(323) 466-6384
Los Angeles	7th and Alameda Sts.	(213) 629-8400
Oceanside	205 S. Tremont St.	(760) 722-8143
Pasadena	645 E. Walnut St.	(626) 792-5116
San Diego	120 W. Broadway	(619) 239-3266
Santa Monica	1433 Fifth St.	(bus stop only)

CITY BUS LINES / METRO LINE

Los Angeles County

Metropolitan Transit Authority (MTA) (800) COMMUTE (266-6883), www.mta.net

San Diego Transit Corporation (619) 233-3004

Santa Monica Municipal Bus Line (310) 451-5445

North San Diego County Transit Dist., Oceanside Transit Center, 195 S. Tremont St., operates city bus lines in Oceanside, Escondido, and other cities in North San Diego County as well as inter-city lines throughout much of North County.

Coastal Route Information (760) 722-6283

Inland Route Information (760) 743-6283

TRAIN STATIONS

Amtrak nationwide information, reservations, and fares: (800) 872-7245

Amtrak Train Stations:

Solana Beach	105 Cedros Ave.	(619) 259-2697
Fullerton	120 E. Santa Fe	(714) 992-0530
Los Angeles	800 N. Alameda St.	(213) 683-6729
Oceanside	235 S. Tremont St.	(760) 722-4622
San Diego	1050 Kettner Blvd.	(619) 239-9021



Self-Realization Fellowship
3880 San Rafael Ave.
Los Angeles, CA 90065-3298

www.yogananda-srf.org
10461-J1160