

SRF Tokyo Meditation Group

Sunday Meditation Service Calendar 2020 (March – July)

Paramahansaji said, "Group meditation is a castle that protects the new spiritual aspirants as well as the veteran meditators. Meditating together increases the degree of Self-realization of each member of the group by the law of invisible vibratory exchange of group magnetism."

We are honored to invite you to our Sunday morning meditation services in Tokyo, held from 10:00 to 11:30. Long-hour meditation services are on the 1st Sunday of even-numbered months from 10:00 to 13:00.

It is recommended that you come and rest into a sitting position at least 15 minutes before the start so you are ready to meditate in repose. Please turn off your mobile phones and remain silent during a service.

WHERE: **Shinagawa Ward's public hall *Curian* (きゅりあん)**
 Across from Ooimach Station of JR Keihin-tohoku Line (to the left from Central Exit, 2F)
<http://www.shinagawa-culture.or.jp/hp/page000000300/hpg000000268.htm>

NOTES:

- *Curian* is in the same building as *LABI Yamada Denki* electrical store and *CAFÉ RESTO*. The store's front doors facing the elevated pedestrian walkway don't open until 10 AM; therefore, use an entrance located at the far side of the store. You find it as you walk along a narrow outdoor corridor on the right side of the building, extended from the walkway. Get inside through the round glass doors, go to the right and walk pass the bulletin board until the end to find elevators.
- A room assigned varies on each occasion as shown below. Usually it is on the 5th floor but sometimes 4th or 6th. Room names and details of special services are provided beneath the table.

| Month | 1st Sundays | 2nd Sundays | 3rd Sundays | 4th Sundays | 5th Sundays |
|-----------------|---|--|---|--|----------------------------|
| MAR 2020 | Mar. 1 ★ at 3rd LR on 5F <i>Commemorative</i> | Mar. 8 Canceled <i>Commemorative</i> | Mar. 15 Canceled | Mar. 22 Canceled | Mar. 29 Canceled |
| APR 2020 | Apr. 5 Canceled <i>Long med.</i> | Apr. 12 Canceled <i>Commemorative</i> | Apr. 19 Canceled | Apr. 26 Canceled | |
| MAY 2020 | May 3 ★ at MMR on 6F | May 10 at 3rd LR on 5F <i>Commemorative</i> | May 17 at MMR on 6F | May 24 at 3rd LR on 5F | May 31 at 3rd LR on 5F |
| JUN 2020 | June 7 at 3rd LR on 5F <i>Long med.</i> | June 14 at 1st SLR on 4F | June 21 at 3rd LR on 5F <i>Yoga Day</i> | June 28 at 4th LR on 5F | |
| JUL 2020 | July 5 ★ at 3rd LR on 5F | July 12 at 3rd LR on 5F | July 19 at 3rd LR on 5F | July 26 at 3rd LR on 5F <i>Commemorative</i> | |

LR: Lecture Room (講習室)

MMR: Medium-sized Meeting Room (中会議室)

SLR: Special Lecture Room (特別講習室)

TR: Training Room (研修室)

Regular meditation services: 10:00 - 11:30

Long meditation services: 10:00 - 13:00

Commemorative meditation services: 10:00 - 11:30

Mar. 1: Mahasamadhi of Yoganandaji (Mar 7, 1952)

Mar. 8: Mahasamadhi of Swami Sri Yukteswar (Mar 9, 1936) -- **Canceled**

Apr. 12: Easter Sunday (April 12 this year) -- **Canceled**

May 10: Birthday of Swami Sri Yukteswar (May 10, 1855)

July 26: Mahavatar Babaji Commemoration Day (Jul 25, 1920)

International Day of Yoga: 10:00 - 11:30

Jun 21: Special program for celebrating the 100th anniversary of SRF

A star mark (★) indicates a group management meeting in the afternoon