

Information on SRF Tokyo Group

February 2024

Paramahansa Yoganandaji 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".

SRF Tokyo Group holds group meditation service every Sunday as shown below.

Please be seated at least 15 minutes early as much as possible, so that you can calmly meditate.

Venue : **"Curian"** Shinagawa City General Civic Hall

Location : 5-18-1 Higashioi, Shinagawa-ku, Tokyo 140-0011

Near Ohimachi Station on the Keihin-Tohoku Line

[Access](#)

Meditation schedule (February to May 2024)

Non-SRF members can also participate in the meditation service without making a reservation.

*When participate the commemorative meditation, please bring a donation and a flower for offerings.

2024

	Meditation	10:00~11:30	Commemorative Meditation	10:00~11:30	Three-hour Meditation	10:00~13:00
Feb.	4 Sunday	5F Classrooms 3			Three-hour Meditation	
	11 Sunday	4F 1st special training room			Meditation	
	18 Sunday	4F 1st special training room			Meditation	
	25 Sunday	4F 1st special training room			Meditation	
Mar.	3 Sunday	4F Training room		Commemorative Meditation		
				Paramahansa Yogananda's Mahasamadhi (Mar. 7, 1952)		
	10 Sunday	5F Classrooms 4		Commemorative Meditation		
				Swami Sri Yukteswar's Mahasamadhi (Mar. 9, 1936)		
	17 Sunday	4F 1st special training room		Meditation		
	24 Sunday	4F 1st special training room		Meditation		
	31 Sunday	4F 1st special training room		Commemorative Meditation		
				Easter Sunday / different day every year		
Apr.	7 Sunday	4F 1st special training room			Three-hour Meditation	
	14 Sunday	4F 1st special training room			Meditation	
	21 Sunday	4F 1st special training room			Meditation	
	28 Sunday	4F 1st special training room			Meditation	
May	5 Sunday	5F Classrooms 2		Commemorative Meditation		
				Swami Sri Yukteswar's Birthday (May, 10, 1885)		
	12 Sunday	4F 1st special training room		Meditation		
	19 Sunday	5F Classrooms 3		Meditation		
	26 Sunday	4F 1st special training room		Meditation		