

# Schedule of SRF Tokyo Meditation Group

October 2023

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”. So please join us for our meditating service which is the only way leading us to God. The service is held at the public hall called “Curian” located near Ohimachi rail way station of Keihin-Tohoku line. Meditation services are from 10:00 to 11:30.

Curian 5-18-1 Higashioi, Shinagawa-ku, Tokyo 140-0011

<https://www.shinagawa-culture.or.jp/curian/access.html#>

## Detail schedule

YY / MM	1st. Sunday	2nd. Sunday	3rd. Sunday	4th. Sunday	5th. Sunday
2023 Oct.	1st 5F C 3	8th 4F No.1 STR	15th 4F No.1 STR	22nd 4F No.1 STR	29th 5F C 3
Nov.	2nd~5th Special Event	12th 4F No.1 STR	19th 5F C 1	26th 4F No.1 STR	
Dec.	3rd 5F Three-hour MD C 3	10th 4F No.1 STR	17th 5F C 3	24th 6F Christmas Main CR	31st recess
2024 Jan.	7th 5F Commemorative C 4	14th 4F No.1 STR	21st 4F No.1 STR	28th 4F No.1 STR	
Feb.	4th 5F Three-hour MD C 3	11th 4F No.1 STR	18th 4F No.1 STR	25th 4F No.1 STR	

\* C : Classroom      STR : Special training room      TR : Training room

Three-hour MD : Three-hour Meditation 10:00~13:00

### Commemorative service

Dec. 24th Christmas all day meditation

Jan. 7th Birthday of Paramahansa Yogananda (Jan. 5, 1893)

Special Event as shown in another sheet or SRF Tokyo Group web site.

[https://srf-tokyo.org/meditation\\_center.php](https://srf-tokyo.org/meditation_center.php)