



## SRV Associations - Sarada Ramakrishna Vivekananda

Setting the feet of humanity on the path of universal Truth

808-990-3354 || [svinfo@srv.org](mailto:svinfo@srv.org) || [www.srv.org](http://www.srv.org)

### Classes, Worship, & Retreats with Babaji Bob Kindler February 2019

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#### SRV San Francisco

465 Brussels St., San Francisco, CA 94134 <> 415-468-4680 <> [hcsv@comcast.net](mailto:hcsv@comcast.net)

Daily Meditation: 6:00 to 7:00 am

2/9 Sat 6:00pm Sarasvati Puja

2/10 Sun 9:30am Class: Tejabindu Upanisad

**Suggested Donation: \$20. No one turned away for lack of funds**

#### SRV Oregon

1922 S.E. 42nd Ave., Portland, OR 97215 <> 503-774-2410 <> [svinfo@srv.org](mailto:svinfo@srv.org)

Public Meditation: Sat & Sun 6:30am; Call for weekday schedule

2/13 Wed 7:00pm Principles of the Upanisads, with Anurag

2/15 Fri 7:00pm Vedanta 101, with Annapurna Sarada

2/16 Sat 9:30am Class: Akshi Upanisad, with Babaji

6:00pm **Sri Ramakrishna Puja**

2/17 Sun 9:30am Class: Akshi Upanisad, with Babaji

2/20 Wed 7:00pm Principles of the Upanisads, with Anurag

**Suggested Donation for classes: \$20. No one turned away for lack of funds.**

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#### SRV Winter Retreat in Oregon:

### Manasana – The Art of Mental Posture

Thursday, February 21<sup>st</sup> – Monday, February 25<sup>th</sup>, 2019

The ability to maintain peace of mind while working in the world is dependent upon being able to abide comfortably in a state of inaction. To ensure that the mind remains under one's control, the seers advise the practice of mental asanas, fixed postures of mind that heal, spiritualize, and eventually provide entrance into the transcendent state of Awareness, called samadhi. SRV's winter retreat will focus on learning about, practicing, and establishing these special mental positions as everyday modes of awareness — both in the world while doing duties, and in spiritual practices leading toward Realization.



***"A positive stance, a firm resolve, unshakable perseverance, and an unwavering faith, form the crucial content of a mind that is destined for success, in whatever field of endeavor it takes up."***

***"Ignorance is unreal. Then how can it cause any doubt? What should the yogi do then, being endowed with this mind and its projects? He should let them rise one by one and dissolve them all like bubbles on water."***

**Location:** Mindful Heart Columbia River Forest Retreat, Corbett, Oregon

**Tuition, all-inclusive:** \$640; students \$415 <> financial hardship? Contact us.

**Registration:** Starts now. Tuition is due by February 1<sup>st</sup>. Register now: [svinfo@srv.org](mailto:svinfo@srv.org) || 808-990-3354

**Complete Details:** [www.SRV.org](http://www.SRV.org) click RETREATS, then, Winter Retreat.