



**“Schedule of Classes of Swamini Satyavratananda**

**AKSHARA VIDYA TRUST**

**New No.15 (Old No.7/1) Mahalakshmi Street, 1<sup>st</sup> floor, T. Nagar, Chennai 17**

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VENUE	DAY	TIME	SUBJECT
KESARI HIGH SCHOOL Thyagaraya Road, Pondy Bazar Ext, T.Nagar, Chennai - 17	Tuesday	6.30 pm to 7.30 pm	BRHADARANYAKA UPANISHAD (English)
	Saturday	6.30 pm to 7.30 pm	BHAGAVAD GITA(CHAPTER 13) (English)
	Sunday	5.30 pm to 6.30 pm	PRAKARANA GRANTHA (Dhakshinamoorthy sthothram-Manaso Ilsa)
		6.30 pm to 7.30 pm	SANSKRIT FOR BEGINNERS (English)
SAMSKRITA BHARATI, No.5, 7th Street, Opp. Children Garden School, Radhakrishnan Salai, Mylapore, Chennai - 4.	Sunday	7.00 am to 8.00 am	ASHTANGA YOGA,VEDIC GUIDED MEDTATION, (PRANAYAMA and Stress Management) (bimonthly courses conducted Alternatively)
		8.30 am to 9.30 am	BHAGAVAD GITA (CHAPTER 7), MUNDAKOPANISAD (English), (On Alternate Weeks)
SHIRDI SAI HALL,Shirdi Sai Temple,Shenoy Nagar, Chennai-30.	Monday	6.30 pm to 7.30 pm	BHAGAVAD GITA (chapter 18),VISHNU SAHASRA NAMAM,(On Alternate Weeks) (Telugu)
ANDHRA MAHILA SABHA,Luz Church Road,Mylapore, chennai	Wednesday	11am to 12 noon	YOGASANA and PRANAYAMA for Women (English),
	Thursday	11 am to 12 noon	BHAGAVAD GITA (chapter 18), MANDUKYOPANISAD (English), (On Alternate Weeks)