### VEDANTA CLASSES & OTHER ACTIVITIES <u>at</u> YOGA SHANTHI GURUKULAM, CHENNAI

Vedanta Classes in Tamil, are regularly being conducted by Sri Swami Brahmayogananda ji

The Weekly Class Schedule is as under:

<u>Sl No:</u>	<u>CLASSES</u>	DAY	TIMINGS
1	Dakshinamurthy Sthothram	Thursday	7.00 - 8.00 PM
2	Bhagavad Gita Chanting	Friday	7.30 - 8.15 PM
3	Kathopanishad	Saturday	6.30 - 8.00 PM
4	Patanjali Yoga Sutram	Sunday	6.30 - 7.30 AM
5	Viveka Choodamani	Sunday	7.30 - 8.30 AM
6	Bhagavad Gita- Sankara Bhashyam	Sunday	5.30 - 7.00 PM

# ALL ARE WELCOME!!!

## Other Activities at the Gurukulam

The following are the other activites that are regularly being conducted:

- Regular Yoga courses comprising of Asanas, Pranayama and Meditation.
- For Children
  - Focussed Yoga classes and
  - Summer camps

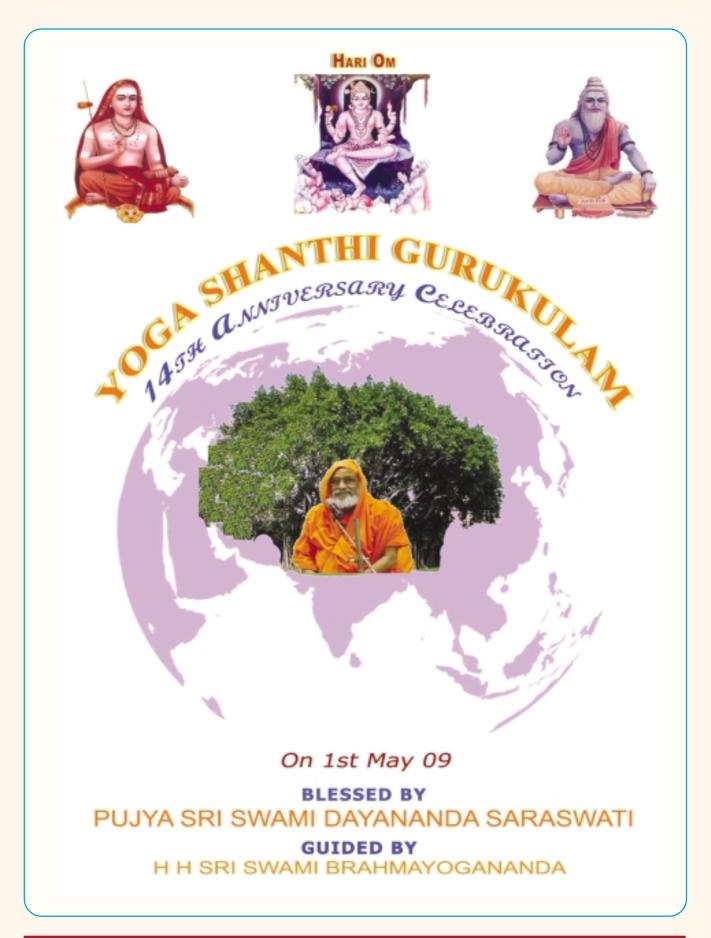
designed for Personality Development and inculcation of values.

- Spiritual camps for Saadhakaas- 3 to 4 in a year.
- Abhishekham & Puja to Sri Medha Dakshinamurthy on Thursdays between 5 AM - 6 AM.



Note : MP3 CDs of Swamiji's Vedanta classes are available at the Gurukulam-Contact 99400-42623.

> VENUE: Sri Veda Vyasa Sathsang Hall Yoga Shanthi Gurukulam, West Mambalam, Chennai <u>Phone:</u> 94441-49697 & 98408-32624 <u>E-mail: yogashanthi@rediffmail.com</u>



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Arsha Vidya Newsletter - March 2009