

### ACTIVITIES AT CHINMAYA GIRIDHAR - NOVEMBER 2017

| DATE      | ACTIVITY                              | DAY/TIME                          | FREQUENCY        | COORDINATOR            | COMMENT   |
|-----------|---------------------------------------|-----------------------------------|------------------|------------------------|---|
| 4-Nov-17  | Yoga Classes-Suitable for all ages    | Saturday 10:00 am – 11:30 am      | Weekly           | Shripal Parikh,<br>RYT | \$120 for 12 Classes. Drop-In \$12. per Class-Asanas, Pranayam and Meditation |
| 4-Nov-17  | AGM                                   | Saturday 10:30 am – 12:00 pm      | Special event    | Special event          | Followed by refreshments  |
| 5-Nov-17  | Gita Study Group/Bhajans              | Sunday 8:30 am – 10:00 am         | Weekly           | Mala M<br>/Chandranji  | Gita Lecture followed by Chanting   |
| 5-Nov-17  | Bala Vihar Classes/Assembly           | Sunday 10:30 am – 12 Noon         | Weekly           | Vinita Uppal           |   |
| 5-Nov-17  | Parent Study Class                    | Sunday 10:30 am – 11:30 am        | Weekly           | Pritesh K.             |   |
| 10-Nov-17 | Vedanta Study Group -<br>Kenopanishad | Friday 7:00 pm – 8:00 pm          | 2nd & 4th Friday | Praveen M              | Skype class with Acharya Sachinji   |
| 11-Nov-17 | SANSKRIT WORKSHOP                     | Saturday 9:00 AM. – 5:00 P.M.     | Special event    | Sree Balaji,           | Lunch & Coffee provided   |
| 12-Nov-17 | SANSKRIT WORKSHOP                     | Saturday 9:00 AM. – 5:00 P.M.     | Special event    | Sree Balaji,           | Lunch & Coffee provided   |
| 12-Nov-17 | No classes due to long weekend        | NO BALAVIHAR OR PARENT<br>CLASSES | Weekly           | Mala<br>M./Chandranji  |   |
| 12-Nov-17 | No classes due to long weekend        | NO BALAVIHAR OR PARENT<br>CLASSES | Weekly           | Vinita Uppal           |   |
| 17-Nov-17 | Gita Chanting                         | Friday 7:00 pm – 8:00 pm          | 3rd Friday       | Padmaja                | Gita chanting   |
| 18-Nov-17 | Yoga Classes-Suitable for all ages    | Saturday 10:00 am – 11:30 am      | Weekly           | Shripal Parikh,<br>RYT | \$120 for 12 Classes Drop-In \$12. per Class. Asanas, Pranayam and Meditation |
| 19-Nov-17 | Gita Study Group/Chanting             | Sunday 8:30 am – 10:00 am         | Weekly           | Mala<br>M./Chandranji  | Gita Lectures followed by Chanting practice                                   |
| 19-Nov-17 | Bala Vihar Classes/Assembly           | Sunday 10:30 am – 12 Noon         | Weekly           | Vinita Uppal           |   |
| 19-Nov-17 | Parent Study Class                    | Sunday 10:30 am – 11:30 am        | Weekly           | Pritesh K.             |   |

|                  |                                    |                              |                  |                     |   |
|------------------|------------------------------------|------------------------------|------------------|---------------------|---|
| <b>24-Nov-17</b> | Vedanta Study Group - Kenopanishad | Friday 7:00 pm – 8:00 pm     | 2nd & 4th Friday | Praveen M           | Skype class with Acharya Sachinji   |
| <b>25-Nov-17</b> | Yoga Classes-Suitable for all ages | Saturday 10:00 am – 11:30 am | Weekly           | Shripal Parikh, RYT | \$120 for 12 Classes Drop-In \$12. per Class. Asanas, Pranayam and Meditation |
| <b>26-Nov-17</b> | Gita Study Group/Bhajans           | Sunday 8:30 am – 10:00 am    | Weekly           | Mala M /Meera M     | Gita Lectures followed by Bhajan practice                                     |
| <b>26-Nov-17</b> | Bala Vihar Classes/Assembly        | Sunday 10:30 am – 12 Noon    | Weekly           | Vinita Uppal        |   |
| <b>26-Nov-17</b> | Parent Study Class                 | Sunday 10:30 am – 11:30 am   | Weekly           | Pritesh K.          |   |

- Notes:** 1. Special Events are in Yellow filled Cells  
2. No classes identified in red text.