

## ACTIVITIES AT CHINMAYA GIRIDHAR - OCTOBER 2017

DATE	ACTIVITY	DAY/TIME	FREQUENCY	COORDINATOR	COMMENT
30-Sep-17	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
1-Oct-17	Gita Study Group/Bhajans	Sunday 8:30 am – 10:00 am	Weekly	Mala M /Meera M	Gita Lecture followed by Bhajan practice
1-Oct-17	Bala Vihar Classes/Assembly	Sunday 10:30 am – 12 Noon	Weekly	Vinita Uppal	
1-Oct-17	Parent Study Class	Sunday 10:30 am – 11:30 am	Weekly	Pritesh K.	
6-Oct-17	Upanishad Ganga No class due to long weekend		Monthly (1st Friday)	Vaishali Bhatt	
7-Oct-17	No class due to long weekend		Weekly	Shripal Parikh, RYT	\$120 for 12 Classes Drop-In \$12. per Class. Asanas, Pranayam and Meditation
8-Oct-17	No class due to long weekend		Weekly	Mala M./Chandranji	
8-Oct-17	Bala Vihar Classes/Assembly No class due to long weekend		Weekly	Vinita Uppal	
8-Oct-17	Parent Study Class No class due to long weekend		Weekly	Pritesh K.	
13-Oct-17	Vedanta Study Group - Kenopanishad	Friday 7:00 pm – 8:00 pm	2nd & 4th Friday	Praveen M	Skype class with Acharya Sachinji
14-Oct-17	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
15-Oct-17	Gita Study Group/Chanting	Sunday 8:30 am – 10:00 am	Weekly	Mala M./Chandranji	Gita Lectures followed by Chanting practice
15-Oct-17	Bala Vihar Classes/Assembly	Sunday 10:30 am – 12 Noon	Weekly	Vinita Uppal	
15-Oct-17	Parent Study Class	Sunday 10:30 am – 11:30 am	Weekly	Pritesh K.	
20-Oct-17	Gita Chanting	Friday 7:00 pm – 8:00 pm	3rd Friday	Padmaja	Gita chanting
21-Oct-17	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

22-Oct-17	Gita Study Group/Bhajans	Sunday 8:30 am – 10:00 am	Weekly	Mala M /Meera M	Gita Lectures followed by Bhajan practice
22-Oct-17	Bala Vihar Classes/Assembly	Sunday 10:30 am – 12 Noon	Weekly	Vinita Uppal	
22-Oct-17	Parent Study Class	Sunday 10:30 am – 11:30 am	Weekly	Pritesh K.	
	<b>No Regular Classes on Oct 27, 28 &amp; 29 due to Yajna at Giridhar. Also no Bala Vihar</b>				
27-Oct-17	Jnana Yajna (Spiritual Discourse) by Acharya Sri Gaurang Nanavaty(chapter 3) -Right action/Right Attitude	Friday 7:30 pm – 9:00 pm	Special event		(Spiritual Discourse) by Acharya Sri Gaurang Nanavaty
28-Oct-17	Jnana Yajna (Spiritual Discourse) by Acharya Sri Gaurang Nanavaty	Saturday 9:00 am – 1:00 pm	Special event		(Spiritual Discourse) by Acharya Sri Gaurang Nanavaty
29-Oct-17	Jnana Yajna (Spiritual Discourse) by Acharya Sri Gaurang Nanavaty	Sunday 9:00 am – 1:00 pm	Special event		(Spiritual Discourse) by Acharya Sri Gaurang Nanavaty

OTHER NON-CMCC EVENTS AT GIRIDHAR - MEMBERS ARE WELCOME					
Oct. 3,4,5,	Gurumatha Amma's Lectures	7:00 pm – 9:00 pm			Call 403-547-1850 for more information
Oct. 7 & 9,	Gurumatha Amma's Lectures	8:00 am – 1:00 pm			Bring your own lunch
Oct. 10,11,12,13,	Gurumatha Amma's Lectures	7:00 pm – 9:00 pm			

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