

ACTIVITIES AT CHINMAYA GIRIDHAR - SEPTEMBER 2017

DATE	ACTIVITY	DAY/TIME	FREQUENCY	COORDINATOR	COMMENT
8-Sep-17	Upanishad Ganga - View and Discussion	Friday 7:00 pm - 8:00 pm	Monthly (1st Friday)	Vaishali Bhatt	
9-Sep-17	Yoga Classes-Suitable for all ages	Saturday 10:00 am – 11:30 am	Weekly	Shripal Parikh, RYT	Drop in: \$12-Asanas, Pranayama and Meditation
10-Sep-17	Gita Study Group/Chanting	Sunday 8:30 am – 10:00 am	Weekly	Mala M./Chandranji	Gita /Chanting
10-Sep-17	Bala Vihar Classes/Assembly -First day of classes	Sunday 10:30 am – 12 Noon	Weekly	Vinita Uppal	
10-Sep-17	Parent Study Class	Sunday 10:30 am – 11:30 am	Weekly	Pritesh K.	
15-Sep-17	Vedanta Study Group- Kenopanishad	Friday 7:00 pm – 8:00 pm	2nd & 4th Friday	Ajith Pillai	Skype class with Acharya Sachinji
16-Sep-17	Yoga Classes-Suitable for all ages	Saturday 10:00 am – 11:30 am	Weekly	Shripal Parikh, RYT	Drop in: \$12-Asanas, Pranayama and Meditation
17-Sep-17	Walkathon	Sunday 11:00 am – 2:00 pm	Special Event	Ramesh Uppal	Sandy Beach Sites 1 & 4
17-Sep-17	Bala Vihar Closed & no classes this Sunday			Vinita Uppal	
22-Sep-17	Navrathri Puja /Giridhar Anniversary	Friday 6:30 pm to 8:30 pm	Special Event	Meera Murli	Havan, Lalitha Sahasranaamam
23-Sep-17	Yoga Classes-Suitable for all ages	Saturday 10:00 am – 11:30 am	Weekly	Shripal Parikh, RYT	Drop in: \$12-Asanas, Pranayama and Meditation
24-Sep-17	Gita Study Group/Bhajans	Sunday 8:30 am – 10:00 am	Weekly	Mala M./Meera M	Gita /Bhajans
24-Sep-17	Bala Vihar Classes/Assembly	Sunday 10:30 am – 12 Noon	Weekly	Vinita Uppal	
24-Sep-17	Parent Study Class	Sunday 10:30 am – 11:30 am	Weekly	Pritesh K.	
29-Sep-17	Vedanta Study Group- Kenopanishad	Friday 7:00 pm - 8:00 pm	2nd & 4th Friday	Ajith Pillai	Skype class with Acharya Sachinji
30-Sep-17	Yoga Classes-Suitable for all ages	Saturday 10:00 am – 11:30 am	Weekly	Shripal Parikh, RYT	Drop in: \$12-Asana, Pranayama and Meditation