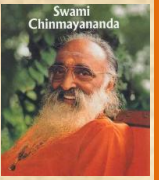




CHINMAYA MISSION WASHINGTON REGIONAL CENTER



www.chinmayadc.org 46 Norwood Road, Silver Spring MD 20905

BALA VIHAR Program for Ages 4-18

(Structured curriculum geared to children growing in the US)

Conducted on Sundays from September through June

- ❖ **Inculcates noble ideas, healthy emotions, and spiritual strength**
- ❖ **Children learn important values through stories, songs, arts & crafts**
- ❖ **Moral education through Ramayana, Mahabharatha and Srimad Bhagavatham**
- ❖ **Pujas, Bhajans, Festival celebrations**
- ❖ **Discussions encouraged to understand why we do things a certain way**
- ❖ **Shloka Classes**
- ❖ **Classes in Indian arts and languages**
- ❖ **Concurrent Adult classes on Bhagavad Gita**

Registration for 2010/2011 Underway at Maryland & Virginia Chapters

CMWRC – Silver Spring MD

www.chinmayadc.org

46 Norwood Road
Silver Spring MD 20905

For Children: Bala Vihar Classes

Sat & Sun: Morning Session 9:50 AM – 11:30 AM

Sun: Afternoon Session 1:20 PM – 3:00 PM

& Language & Arts, Shloka Classes

Sundays: 11:30 AM – 1:10 PM

For Adults: Bhagavad Gita Discourses

For details about Registration and Membership,
contact Seshu Cherukuru: registration@chinmayadc.org
For any other information: websevak@chinmayadc.org

CMWRC - Dulles VA

www.chinmayadulles.org

Dulles South Multipurpose Center
24950 Riding Center Drive
South Riding, VA 20152

For Children: Bala Vihar Classes - Sundays

Morning Session 9:50 AM – 11:30 AM

Afternoon Session 1:20 PM – 3:00 PM

& Language & Arts, Shloka Classes

Sundays: 11:30 AM – 1:10 PM

For Adults: Bhagavad Gita Discourses

For details about Registration and Membership,
contact Ravi Manne/Suhashini Muthukrishnan:
membership@chinmayadulles.org
For any other information: info@chinmayadulles.org

CMWRC – Fredrick MD

www.chinmayafrederick.org

Walkerville Middle School
55 Frederick St
Walkerville MD 21793

For Children: Bala Vihar Classes - Sundays

Morning Session 10:15 AM – 12:00 Noon

& Language & Arts, Shloka Classes

Sundays: 9:30 AM – 10:15 AM

For Adults: Bhagavad Gita Discourses

For details about Registration and Membership,
contact Manoj Rohit: manohrohit@hotmail.com

CMWRC – Springfield VA

www.chinmayava.org

West Springfield High School
6100 Rolling Road, Springfield, VA 22152

For Children: Bala Vihar Classes - Sundays

Morning Session 10:00 AM – 11:30 AM

& Language & Arts, Shloka Classes

Sundays: 9:00 – 10:00 AM

For Adults: Bhagavad Gita Discourses

For details about Registration and Membership,
contact Murali Kadaveru@yaho.com

Children are not buckets to be filled but lamps to be lit. Children are the architects of the future world. It is the most sacred task of parents as well as teachers to mould their lives in accordance with the sublime Indian tradition. – Swami Chinmayananda