



**CHINMAYA MISSION**  
**WASHINGTON REGIONAL CENTER**  
(A non-profit religious organization registered in Maryland)  
Kailas Niwas, 46 Norwood Road, Silver Spring, MD 20905  
Tel: 301-384-5009 FAX: 301-384-1204



**Spiritual Discourses in Northern Virginia**  
**Yoga Sutras**  
**Philosophy and practice**

Learn how the philosophy and practices derived from Patanjali's Yoga Sutras can benefit you. The teaching will be specially geared to those whose chosen spiritual path is Advaita Vedanta

By  
**Dr. D.C.Rao**



Dr. D.C. Rao has extensive experience in teaching Vedanta and Yoga philosophy in association with the Chinmaya Mission and the Himalayan International Institute of Yoga at Honesdale, Pa. He has been active in promoting inter-religious understanding as a member of the Board and former President of the Inter Faith Conference of Metropolitan Washington.

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**In 8 sessions, the student will be introduced to: The sutras of Patanjali; Beginning an asana practice; Basics of breathing and pranayama; Systematic relaxation; How to meditate**

**Venue:** Veena and Kishan Gupta's Residence: 25063 Kingscote Ct, Chantilly VA 20152

**Directions :**50 west (to South Riding), Take left onto Gum Spring Rd (2 traffic lights after Loudon Pkwy), left onto Providence Ridge, At the stop sign make right onto Belcourt Castle, 6th house on right is 25063 Kingscote (Belcourt Castle becomes Kingscote Ct.)

**Date & Time:** Sunday 5 pm to 7 pm from October 18 to December 13<sup>th</sup>, 2009  
(Except for Thanksgiving weekend)

**Classes are free of cost, Registration is required**

For Registration please send an email to [krishnakbala@hotmail.com](mailto:krishnakbala@hotmail.com)  
with your phone number, email address & following details:

Why you are interested in attending these classes and confirm your commitment to attend the whole course.