



Chinmaya Mission Washington Regional Center

(A non-profit religious organization registered in Maryland)



Presents

Spiritual Workshop

at 46 Norwood Road, Silver Spring, MD 20905
on Saturday June 25th and Sunday June 26th 2011, 9:00 AM to 5:00 PM

Conducted by

Dr. D. C. Rao



Dr. D.C. Rao retired from the World Bank to pursue an intensive education in his own spiritual tradition. He is a Trustee at the Chinmaya Mission Washington Regional Center and actively associated with the Himalayan International Institute of Yoga Science and Philosophy at Honesdale, PA. He is the former President of the Inter Faith Conference of Metropolitan Washington and continues to be a member of the Board. He facilitates several Chinmaya Mission Study groups in DC, MD, and VA. Dr. Rao conducts weekly Vedanta discourses at Frederick chapter of CMWRC.

1. *Are you a Bala Vihar Teacher/sevak? If yes, you will benefit immensely from this workshop by enhancing your understanding of Vedanta.*
2. *Even if you are not a Bala Vihar Teacher/sevak, you can still benefit immensely from this workshop. Perhaps, this will open doors for you to become a Bala Vihar Teacher/sevak.*

Workshop Agenda:

Saturday June 25th	Time	Sunday June 26th	Time
Overview	9:00-10:30 AM	Jnana yoga-1 -- sadhana catushtaya	9:00-10:30 AM
<i>Tea Break</i>	<i>10:30-11:00 AM</i>	<i>Tea Break</i>	<i>10:30-11:00 AM</i>
Dharma	11:00-12:30 PM	Jnana yoga-2: gunas	11:00-12:30 PM
<i>Lunch Break</i>	<i>12:30-1:30 PM</i>	<i>Lunch Break</i>	<i>12:30-1:30 PM</i>
Karma Yoga	1:30-3:00 PM	Jnana yoga-3: applications of viveka	1:30-3:00 PM
<i>Tea Break</i>	<i>3:00-3:30 PM</i>	<i>Tea Break</i>	<i>3:00-3:30 PM</i>
Bhakti Yoga	3:30-5:00 PM	Meditation	3:30-5:00 PM

(A Simple Lunch & Tea will be provided at the Mission)

Note: The camp is **FREE** but registration is required by **Monday June 20, 2011**

- ☺ Please spread the word to all your friends and family
- ☺ Please register by email: spiritualworkshop@yahoo.com
- ☺ Please provide Your Name(s), Address and Phone number
- ☺ For Information contact Meera Ravichandran (301-279-0434)