



V.E.D.A Courses - Spring Schedule Starts on April 15th 2017

16th Series of Vedhic Heritage Courses 6th Series of Shri SuryaNamaskara Class 1st Yoga Aasana Course for Beginners

Schedule:

Day	Time	Course	Instructor
Saturdays	07:30 – 08:30 AM	Yoga Aasana Course for Beginners	Rajesh Sengamedu
Saturdays	08:30 – 09:30 AM	bhagavadh geetha Chapter 3 ^{1,2}	Kumar Padmini
Saturdays	09:45 – 10:45 AM	vedhaantha & Well Being ^{1,2}	Kumar Padmini
Saturdays	11:00 – 12:00 Noon	pooja viDhi	Kumar Padmini
Saturdays	12:15 – 01:15 PM	purusha sooktha ^{1,3,4}	Kumar Padmini
Sundays	08:00 – 09:00 AM	Shri SuryaNamaskara	Nikhil Kulkarni

1. pooja viDhi is a prerequisite for this course
2. puruSha sooktha is a prerequisite for this course
3. Concurrent enrollment for pooja viDhi course is recommended since purusha sooktha is used to perform pooja for all male deities
4. vedhaantha recommends women also to learn puruSha sooktha so that they could perform a complete shodaShopachara pooja to male deities

Note:

1. Courses are offered in English, free of tuition charges, for ages 18 and above. A registration fee of \$100 per course, as donation to V.E.D.A is suggested
2. Earlier students are welcome to attend the course/s free of charge either to make up for missed sessions or to revise the whole course

To Register: Register online at <http://SiliconValleyTemple.net/Classes> OR
Mail your name and course/s of interest to

Courses related to our Vedhic Heritage	Omtat.Brahma@gmail.com
Yoga Aasana Course for Beginners	Rajesh.Sengamedu@gmail.com
Shri SuryaNamaskara	ShriSuryanamaskar@gmail.com