



Jain Vishva Bharati London

Dedicated for upliftment of Socio-Spiritual values

Address: Sayer Centre, Oxgate Lane, London NW2 7JN

Tel/Fax: 020-8452 0913

Email: info@jvblondon.org

Timetable 2010 – Yoga & Meditation

*We serve humanity to achieve good health, peace of mind & divine experience -
With no barrier of faith or race*

All are welcome with their family & friends. Classes are free of charge. Voluntary contributions accepted.

	MORNING	EVENING
MONDAY	<p><i>(This class is <u>only from "April"</u> onwards:</i></p> <ul style="list-style-type: none">6:00-7:00 am Yoga/Pranayama/Relaxation)	
TUESDAY		<ul style="list-style-type: none">7:00-8:00 pm Work stress relieving Yoga/Pranayama/Relaxation
WEDNESDAY		<ul style="list-style-type: none">7:00-8:00 pm Work stress relieving Yoga/Pranayama/Relaxation
THURSDAY		
FRIDAY		
SATURDAY	<ul style="list-style-type: none">8:30-9:15 am Meditation & Pranayama	
SUNDAY	<ul style="list-style-type: none">9:00-10:00 am Yoga/Pranayama/Relaxation10:00-10:20 am Preksha Meditation10:30-11:45 am Lecture on Jainism10:30-11:45 am CHILDREN CLASS	

PERSONAL CONSULTATION: By appointment

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