



**2nd ANNUAL
NEW YEAR PREKSHA
MEDITATION CAMP
OF JVB LONDON**



**Friday 29th December
Saturday 30th December
Sunday 31st December 2006**

**Inspired by
Gurudev Shree Tulsi & Acharya
Mahapragya**

For details or inquiry please call:

JVB London (020) 8452 0913
Manik Choraria (020) 8450 4757
Pushpa Banthia (020) 8203 3946
Email: info@jvbl.org

Invitation

**Dear Friends
Jai Jinendra,**

It is our great pleasure to invite you, your family and friends to the **2nd Annual New Year Preksha Meditation Camp (3days camp)** organized by Jain Vishva Bharati London with the blessings of Acharya Mahapragya and under guidance of Samani Prasanna Pragma and Sambodh Pragma.

This will provide a perfect opportunity to develop much-needed physical, mental and emotional strength and peace for the year 2007 and beyond.

Preksha meditation offers an opportunity to adopt spiritual practices without normal distractions of daily life.

Please use the following registration form to confirm your presence at the upcoming camp.

REGISTRATION FORM

Yes, I would like to attend the 2nd Annual New Year Preksha Meditation Camp of JVB London

Adults:

Last Name First Middle

Mr. /Mrs.

Mr. /Mrs.

Mr. /Mrs.

Address:

Phone No.

Email:

Program

Friday EVENING 29th December

Event	Time
Registration	8:00 – 8:30pm
Opening Ceremony and Welcome	8:30 – 9:00pm
Lecture: 'Why Meditate?'	9:00 – 10:00pm

Saturday 30th December

Event	Time
Bhaktamar / Preksha Meditation	9:00 – 10:00am
Yoga and Pranayam	10:00 – 11:00am
Relaxation	11:00 – 11:45am
Energise Your Body	11:45 – 12:30pm
Lunch and Rest	12:30 – 1:30pm
Lecture: 'Art of Eating'	1:30 – 2:30pm
Mantra Meditation	2:30 – 3:00pm
Contemplation (Tolerance)	3:00 – 3:30pm
Q & A	3:30 – 4:00pm

Sunday 31st December

Event	Time
Bhaktamar / Preksha Meditation	9:00 – 10:00am
Yoga and Pranayam	10:00 – 11:00am
Relaxation	11:00 – 11:45am
Enrich Your Mind	11:45 – 12:30pm
Lunch and Rest	12:30 – 1:30pm
Lecture: 'Anger Management'	1:30 – 2:30pm
Mantra Meditation	2:30 – 3:00pm
Contemplation (Tolerance)	3:00 – 3:30pm
Closing Ceremony	3:30 – 4:00pm

Camp is for 15 year olds and above

Please bring a yoga mat and light lunch with you

To reserve your place please fill and send the registration form opposite via e-mail or call 020-8452 0913

Venue: Jain Vishva Bharati London
Sayer Centre
Oxgate Lane, Cricklewood
London NW2 7JN