



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” onwards:</u></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/Relaxation 10:00-10:20 am Preksha Meditation 10:30-11:45 am Lecture on Jainism 10:30-11:45 am CHILDREN CLASS 	

PERSONAL CONSULTATION: By appointment

UK Registered Charity No. 1106357

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