



Jain Vishva Bharati London

Dedicated for upliftment of Socio-Spiritual values

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

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TIME-TABLE 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.

DAYS	EVENING
TUESDAY	<u>ONLY FOR WOMEN</u> 7:00-8:00 pm <i>Work stress-relieving</i> Yoga/Pranayama/Relaxation
WEDNESDAY	<u>ONLY FOR WOMEN</u> 7:00-8:00 pm <i>Work stress-relieving</i> Yoga/Pranayama/Relaxation
THURSDAY	<u>TWICE WEEKLY</u> 8:00-9:30 pm <i>Swadhyaya</i> BASICS OF JAINISM - book
	MORNING
MONDAY & FRIDAY	10:30-11:30am Yoga (FOR ALL)
SATURDAY	8:00-9:00 am Yoga (FOR ALL) 9:00-9:30 am Meditation & Pranayama
SUNDAY	9:00-10:00 am Yoga (FOR ALL) 10:00-10:30 am Preksha Meditation 10:30-11:45 am <i>Lecture on Jainism</i> 10:30-11:45 am CHILDREN CLASS

PERSONAL CONSULTATION: By appointment

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