

# Today's Youth; Tomorrow's Future

*Under the spiritual guidance of  
Samanijis Prasanna Pragma & Rohit Pragma,  
JVB London conducts...*

## JAINISM & SCIENCE OF LIVING

*A monthly Saturday or Sunday workshop*

*Objectives:*

1. To create a better understanding of Jain philosophy and culture
2. To encourage balanced and joyful living



*The session will include:*

- A short lecture from the Samanijis
- A discussion on the set topic
- Yoga, Meditation and some other interesting exercises
- A discussion about the format and topics of future workshops

**Venue and contact details:**

*Jain Vishva Bharati, Sayer Centre, Oxgate Lane, Cricklewood, London NW2 7JN*  
Tel: 020-8452 0913 | Email: [info@jvblondon.org](mailto:info@jvblondon.org) | Website: [www.jvblondon.org](http://www.jvblondon.org)