

Meditation & Yoga

Followed by
Bhagawad Gita Study Session



*The Sanskrit word **Yoga** comes from the verb root Yuj, which means union with the Divine.*

When the yogi, by practice of yoga, disciplines his mental activities and becomes situated in Transcendence--devoid of all material desires--he is said to have attained yoga.

Bhagawad Gita 6.18

Every Sunday (Separate Children & Adult Sessions):

Meditation & Yoga

9-10AM (\$75/Yr)

Bhagavad Gita Study Session:

10:15-11:30AM (FREE)

(Organized by S.V. Temple School with Science of Spirituality)



S. V. Temple 7615 Metro Drive, Edina, MN 55437

To Register, Email: anaik@sos.org or call 651-204-7131



SCIENCE OF SPIRITUALITY IS AN INTERNATIONAL, MULTI-FAITH ORGANIZATION DEDICATED TO LOVE, UNITY AND PEACE, UNDER THE DIRECTION OF **SANT RAJINDER SINGH JI MAHARAJ.**