

# January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
					<p>This month: consider a tithi to Sambodh. Click <a href="http://www.sambodh.us">www.sambodh.us</a> and follow the arrow down the page...</p>	<p>Yoga Classes: Call Diana Wilson (269) 758-3355 Meditation Practice: Call Ruth Harring (269) 327-3774</p>
<p>4 Sunday Service 11:00a.m. Discourse: Diana Wilson  Followed by Veg Pot</p>	5	<p>6 Meditation 7:30 p.m. Info: Ruth Harring 327-3774  Every Tuesday</p>	<p>7 Yoga: 6:00-7:30pm Info: Diana Wilson (269) 758-3355  Every Wednesday  Kirtan Practice: 7:30 - 8:30 p.m.</p>	<p>8 "The Spiritual Path" 7:30-9:00 p.m. with Ruth Harring Info: (269) 327-3774  Donation @ the door</p>	9	<p>10 a) Study Group 2-4pm "Seven Hindu Spiritual Laws" with Ruth Harring  b) Indian Vegetarian Cooking Classes 4-7 p.m. with Manjula \$10 per person Due to Snow: Both programs POSTPONED to Feb 7th</p>
11	12	<p>13 Meditation 7:30-8:30pm</p>	<p>14 Yoga: 6-7:30pm</p>	<p>15 "India Experience: A 1<sup>st</sup> Timer's View" 7:30-9:00 p.m. with Paul Janson Info: (269) 274-2331  Donation @ the door</p>	16	<p>17 "Anna-Yoga" Retreat 1:00 - 5p.m. with Diana Wilson Info: (269) 758-3355  \$40 per person. On site registration.</p>
<p>18 Sunday Service 11:00a.m. Discourse: "Journey to Vedanta: One Seeker's Experience" by Ruth Harring, Ph.D.  Followed by Veg Potluck Board Meeting 2-4</p>	19	<p>20 Meditation 7:30-8:30 p.m.</p>	<p>21 Yoga: 6-7:30pm  Kirtan Practice: 7:30 - 8:30 p.m.</p>	<p>22 "Learning Hinduism in California" 7:30-9:00 p.m. with Cybelle Shattuck Info: (269) 384-2061  Donation @ the door</p>	23	<p>24 a) Study Group 2-4pm "Seven Hindu Spiritual Laws" with Ruth Harring  b) Indian Vegetarian Cooking Classes 4-7 p.m. with Manjula \$10 per person</p>
25	26	<p>27 Meditation 7:30-8:30 p.m.</p>	<p>28 Yoga: 6-7:30pm</p>	<p>29 "Tales of my Teacher" 7:30-9:00 p.m. with Richard Harring Info: (269) 327-3774 Donation @ the door</p>	30	31