



*Chinmaya Mission San Diego*

*presents*

**Discourses on *Srimad Bhagavad Gita***

**&**

**Weekend Retreat on *Tips for Joyous Living***

*by*

***His Holiness Swami Tejomayananda***

*Spiritual Head of Chinmaya Mission Worldwide*



*Swami Tejomayananda, one of the foremost disciples of Swami Chinmayananda, is an accomplished teacher, author, poet and composer.*

*Swamiji has served as the chief acharya or Dean of Sandeepany Institutes of Vedantic Studies at Sidhabari, Himachal Pradesh, Mumbai and San Jose, California. Swamiji has conducted several yajnas, camps and Vedanta courses, all over the world, covering many Upanishads, Bhagavad Gita, Tulasi Ramayana and Srimad Bhagavatam. Swamiji is fluent in English, Hindi and Marathi. He has written commentaries on Vedanta texts, and authored a number of books including Hindu Culture, a text acclaimed for its clear description of the basics of Hinduism and adopted in some American high schools.*

*Swamiji is the Chairman of the Central Chinmaya Mission Trust (CCMT) and the spiritual head of Chinmaya Mission centers worldwide. Swamiji received the prestigious HINDU OF THE YEAR award in 2005 in recognition of his remarkable dedication and service.*

### **Spiritual Discourses**

#### ***Bhagavad Gita - Chapter 6***

**This chapter is entitled the  
“Yoga of Meditation”**

**Monday, June 29, 2009 thru' Friday, July 3, 2009**

**7:00 PM - 8:30 PM**

**Admission Free**

**[www.omcmsd.org](http://www.omcmsd.org)**

### **Weekend Spiritual Retreat**

#### ***Tips for Joyous Living***

**A text titled “*Jivan Sutrani*”  
composed by *Swamiji***

**Saturday, July 4, 2009 and Sunday, July 5, 2009**

**9:00 AM - 12:30 PM**

**Registration: \$100 per person**

**[www.omcmsd.org/retreat.shtml](http://www.omcmsd.org/retreat.shtml)**

***CMSD Banquet for members and guests on Saturday, July 4, 2009  
6:00 PM - 9:00 PM***

**Lawrence Family Jewish Community Center  
4126 Executive Drive , La Jolla, CA 92037**

**Please arrive and be seated ten minutes before the discourse begins.**

**For further information, please call *Lakshmi Sukumar* at 858-549-2908 or *Ganesh Bhat* at 858-676-0243  
[sandiego@chinmayamission.org](mailto:sandiego@chinmayamission.org)**