

CMSD Weekly Classes and Regional Vedanta Study Groups for Adults
Revised May 7, 2012

Day/Time	Text/Class	Sevak/Sevika	Region	Contact/Phone
Monday 7:30-9:00 PM	Self Unfoldment	S. Sukumar	Carmel Mountain Area	Smita Bhatia 858-435-0234
Tuesday 7:30-9:00 PM	Tattva Bodha New text	Lakshmi Sukumar	Poway- Chinmaya Nivas	Lakshmi Sukumar 858-549-2908
Wednesday 7:30-9:00 PM	Self Unfoldment NEW group	Lakshmi Sukumar	Rancho Penasquitos	Nita Halker 858-672-9760
Wednesday 7:30-9:00 PM	Tattva Bodha	Nagesh Nookala	Carlsbad	Shalini Manika 760-930-9041
Wednesday 7:30-9:00 PM	Self Unfoldment	Lakshmi Sukumar Raja Reddy Kalva	Carmel Valley	Vidya & Anand Dixit 858-764-3523
Thursday 7:30-9:00 PM	Sadhana Panchakam CLASS	Lakshmi Sukumar	Poway- Chinmaya Nivas	Lakshmi Sukumar 858-549-2908
Friday 9:30-11:30 AM DEVI Group For women	Chanting-Kanakadharastotram, <i>Sri Lalita Sabasranama</i> Topic-Valmiki Ramayana Lecture	Lakshmi Sukumar	Poway- Chinmaya Nivas	Nita Halker 858-672-9760
Friday 7:30-9:00 PM	<i>Bhajans & Devotional songs</i> Chinmaya Dhvani for Children & Adults	Lakshmi Sukumar	Poway- Chinmaya Nivas	Anjali Bapat 858-391-1041
Saturday 6:15 -7:00 AM	Vedic Chanting	Lakshmi Sukumar	Poway- Chinmaya Nivas	Lakshmi Sukumar 858-549-2908
Saturday 7:00 -8:30 AM	Guided Meditation Vivekachudamani- Video Lecture by <i>Pujya Gurudev</i>	Lakshmi Sukumar	Poway- Chinmaya Nivas	Lakshmi Sukumar 858-549-2908
Sunday 3:00-4:00 PM	Sanskrita Vihar -Advanced Beginner	Lakshmi Sukumar	Poway- Chinmaya Nivas	Nagesh Nookala 858-523-0602

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