

All events are at the Ananda Mandir unless otherwise specified. (AC) Ananda Community,
 ★ Indicates that Ananda Sangha of Portland Membership benefits apply (gold, blue, white).

August 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ananda Yoga Monday 10-11:15am Extra Gentle Yoga 5:45-7pm Spiritual Awakening Tuesday 5:45-7pm Beginner Thursday 5:45-7pm Extra Gentle Yoga		1	2	3	4	5 5pm Vegetarian Potluck and Family Event (Ananda Community)
		6 10-11:30am Sunday Service & Healing Prayers	7	8	9 7:30-9pm A Course on Pranayam begins (4 weeks), \$40 ★	10
13 10-11:30am Sunday Service	14	15	16	17	18	19 5pm Vegetarian Potluck and Family Event (Ananda Community)
20 10-11:30am Sunday Service	21	22	23	24	25	26 5pm Vegetarian Potluck and Family Event (Ananda Community)
27 10-11:30am Sunday Service	28	29	30	31	Community Notes Morning Meditations Monday-Friday 6-7am Saturday 6-9am Vegetarian Dinners Sunday 5:30pm, \$5.50 Tu,W,Th 6:30pm, \$3.75 Check community room kitchen schedule about details for individual days.	