

All events are at the Ananda Mandir unless otherwise specified.
 (AC) Ananda Community (NRB) New Renaissance Bookstore

July 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Ananda Yoga</p> <p>Monday 10-11:15am Extra Gentle Yoga 5:45-7pm Spiritual Awakening</p> <p>Tuesday 5:45-7pm Beginner Thursday 5:45-7pm Extra Gentle Yoga</p> <p>Please Note: There will be no Yoga Classes from July 16-26.</p>		<p>Community Notes</p> <p>Morning Meditations Monday-Friday 6-7am Saturday 6-9am</p> <p>Vegetarian Dinners Sunday 5:30pm, \$5.50 Tu,W,Th 6:30pm, \$3.75</p> <p>Check community room kitchen schedule about details for individual days.</p>			<p>1</p> <p>5pm Vegetarian Potluck and Family Event (Ananda Community)</p>	
<p>2 10-11:30am Sunday Service & Healing Prayers</p>	3	<p>4 12noon-4pm Fourth of July Vegetarian Potluck Picnic (Ananda Community)</p>	5	6	<p>7 7-9pm Friday Night Event—Silent Meditation</p>	<p>8 5pm Vegetarian Potluck and Family Event (Ananda Community)</p>
<p>9 10-11:30am Sunday Service</p>	10	<p>11 7:30-9pm Meditation for Starters</p>	12	13	<p>14 7-9pm Friday Night Event—Guided Meditation</p>	<p>15 5pm Vegetarian Potluck and Family Event (Ananda Community)</p>
<p>16 10-11:30am Sunday Service</p>	17	18	19	20	<p>21 7-9pm Friday Night Event—Silent Meditation</p>	<p>22 5pm Vegetarian Potluck and Family Event (Ananda Community)</p>
<p>23 10-11:30am Sunday Service</p>	24	25	26	27	<p>28 7-9pm Friday Night Event—Guided Meditation</p>	<p>29 5pm Vegetarian Potluck and Family Event (Ananda Community)</p>
<p>30 10-11:30am Sunday Service</p>	31			<p>7:30-9pm Meditation for Starters</p>	<p>7-9pm Friday Night Event—Guided Meditation</p>	<p>5pm Vegetarian Potluck and Family Event (Ananda Community)</p>