

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).

November 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px dashed black; padding: 5px;"> <p>Ananda Yoga</p> <p>Monday 5:45-7pm Spiritual Awakening Tuesday 5:45-7pm Beginner</p> <p>Wednesday 10-11:15am Extra Gentle Yoga Thursday 5:45-7pm Extra Gentle Yoga</p> </div>			1	2	3	4
5 10-11:30am Sunday Service & Healing Prayers	6	7 7-9pm Class: Developing an Inner Life: Learn to Meditate begins (4 weeks) \$150 ★	8	9 7-8:30 pm Class: Meditation for Starters, \$40 ★	10	11
12 10-11:30am Sunday Service	13	14	15	16	17	18
19 10-11:30am Sunday Service Noon-2 pm Class: Feng Shui for the Devotees Home	20	21	22	23 8-10 am Thanksgiving Meditation 1:30pm Thanksgiving Vegetarian Potluck Banquet (AC)	24	25 9am-4pm Mandir Spruce-up Workday
26 10-11:30am Sunday Service	27	28	29	30 <div style="border: 1px dashed black; padding: 5px;"> <p>Community Notes</p> <p>Morning Meditations Monday-Friday 6-7am Saturday 6-9am</p> <p>Vegetarian Dinners Sunday 5:30pm, \$6.00 Tu,W,Th 6:00pm, \$4.50</p> <p>Check community room kitchen schedule about details for individual days.</p> </div>		