

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).

October 2006

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | |
|---|--|---|---|--|--|---|--|--|---|---|
| 1 Women's Retreat | 2 | 3 | 4 | 5 7-9pm Class: Es- sence of the Baghavat Gita begins (3 weeks), \$50 ★ | 6 7-9pm Event: Sat- sang with Ananta & Maria McSweeney, do- nation | 7 <i>7-11am Retreat (for Kriyabans Only)</i> <i>5:30pm Kriya Initia- tion (for Kriya- bans Only)</i> | | | | |
| 8 10-11:30am Sunday Service & Healing Prayers | 9 | 10 7-9pm Class: Devel- oping an Inner Life: Learn to Meditate begins (4 weeks) \$150 ★ | 11 | 12 7:30-9 pm Class Meditation for Starters \$40 ★ | 13 | 14 | | | | |
| 15 10-11:30am Sunday Service | 16 | 17 | 18 | 19 | 20 | 21 | | | | |
| 22 10-11:30am Sunday Service | 23 Ananda Portland Living Wisdom School 10th Anni- versary Celebra- tion | 24 | 25 | 26 7:30-9 pm Class Meditation for Starters \$40 ★ | 27 | 28 8am-4:30pm A Meditation Re- treat Workshop Deepening Your Meditation, \$65 ★ | | | | |
| 29 10-11:30am Sunday Service | 30 | 31 | <p>Ananda Yoga</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> Monday 10-11:15am Extra Gentle Yoga 5:45-7pm Spiritual Awakening </td> <td style="width: 50%; border: none;"> Tuesday 5:45-7pm Beginner Thursday 5:45-7pm Extra Gentle Yoga </td> </tr> </table> | | Monday 10-11:15am Extra Gentle Yoga 5:45-7pm Spiritual Awakening | Tuesday 5:45-7pm Beginner Thursday 5:45-7pm Extra Gentle Yoga | <p>Community Notes</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> Morning Meditations Monday-Friday 6-7am Saturday 6-9am Vegetarian Dinners Sunday 5:30pm, \$5.50 Tu,W,Th 6:30pm, \$3.75 </td> <td style="width: 50%; border: none;"> Check community room kitchen schedule about details for individual days. </td> </tr> </table> | | 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. |
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