



EBMM East Bay Marathi Mandala

Satsang Group:

Meditation & Dasbodh
Swadhyay Group



Seeking inspiration from our spiritual guru Dr. Madhav Nagarkar (Swami Madhavananda) I started this group with Dr. Prasad Joglekar last year. Our group is still pretty small and follows the guidelines provided to us by <<Swamiji>>.

We **learn practical aspects** of **meditation** for 15 minutes, then we **meditate** for 15 minutes. This is followed by **reading** and a **group discussion** of a pre-selected **Samas** from **Dasbodh**. The total session is 1 hour.

The group meets once a month in Pleasanton.

For more information regarding this group, please call **(925) 416 1949** or send an email to yparkhi@gmail.com. For more information about **Swaroopyog** visit www.swaroopyog.net

PS: no solicitation for donations is made at this group. Group is open to **anyone interested** in **Yogik Meditation & Dasbodh**.

जय जय बघुवीर क्षमर्थ

Yogini Parkhi - Pleasanton