



# Chinmaya Vedanta Heritage Centre

www.chinmayatoronto.org • Chinmaya Shivalaya, 8832 The Gore Road, Brampton, ON L6P 0B1

- For adults & youth
- In English
- Free admission

## Spring Lecture Series April 22–27, 2019

### Evening Lectures...

#### The Science of Understanding Our Mind

*Bhagavad-gītā*, Chapter 14

Mon, Apr 22 – Fri, Apr 27

7:45 – 9:15 P.M.

**Guṇas:** *What are they?  
How do they affect our life?  
How can we rise above them?*



**Pūjya Swami Shantananda**

Swamiji is a senior disciple of H.H. Swami Chinmayananda and is the Acharya of Chinmaya Mission Tri-State, as well as President of Chinmaya Mission West. Swamiji is a highly respected lecturer in North America.

### Morning Lectures...

#### *Dhyana-Swaroopam* “The Nature of Meditation”

*by Swami Tejomayananda*

Tues, Apr 23 – Fri, Apr 26

6:30 – 7:30 A.M.

Discovering the essence of meditation

### Saturday Retreat...

#### Many Problems, ONE Solution

Sat, Apr 27, 8:15 A.M. – 2:00 P.M.

All of us have problems in life. These problems come in many shapes and varieties. So, how could there be only one solution? Come, and find out!

- Registration is required for the retreat.
- Adults \$40, Students \$25 – Lunch provided
- Please call Neena Dev’s cell # 416.508.6667
- [www.chinmayatoronto.org](http://www.chinmayatoronto.org) 905.913.2377