



**Chinmaya Vedanta Heritage Centre**

8832 The Gore Road, Brampton, ON L6P 0B1

[www.chinmayatoronto.org](http://www.chinmayatoronto.org)



**\* NEW \***

# *Sadhana Panchakam*

*By Adi Shankar Acharya*



- *Reflect on the forty prescribed spiritual practices for success!*
  - *Intellectually contemplate on their benefits and relevance*
  - *Explore practical tips and means for practicing them in our modern daily life!*

*“Our physical strength does not depend upon how much food we eat. It depends on how much food we are able to digest. In the same way, our strength of spiritual knowledge does not depend on how much knowledge we have gained through listening to the scriptures. It depends on how much of that knowledge we have assimilated” ~*

*Swami Tejomayananda*



**Saturdays 6:00 am to 7:00 am**

ONLINE (Video Conference)

Facilitators: Acharyas Dev and Gina

Please email [devandgina@gmail.com](mailto:devandgina@gmail.com) if interested.