

CMSD Weekly Classes and Regional Vedanta Study Groups for Adults
Revised January 31, 2012

Day/Time	Text/Class	Sevak/Sevika	Region	Contact/Phone
Monday 7:30-9:00 PM	<i>Bhaja Govindam</i>	Lakshmi Sukumar	Rancho Penasquitos	Padma Bhat 858-538-1623
Monday 7:30-9:00 PM	Self Unfoldment NEW group	S. Sukumar	Carmel Mountain Area	Smita Bhatia 858-435-0234
Tuesday 7:30-9:00 PM	Self Unfoldment Continuing	Rajasekar Vaidyanathan	Rancho Bernardo-4S Ranch Area	Sujata & Ravi Kulkarni 858-385-0396
Wednesday 7:30-9:00 PM	<i>Tattva Bodha</i>	Nagesh Nookala	Carlsbad	Shalini Manika 760-930-9041
Wednesday 7:30-9:00 PM	Self Unfoldment Continuing	Lakshmi Sukumar Raja Reddy Kalva	Carmel Valley	Vidya & Anand Dixit 858-764-3523
Thursday 7:30-9:00 PM	<i>Narada Bhakti Sutra</i> Continuing	Lakshmi Sukumar	Poway- <i>Chinmaya Nivas</i>	Lakshmi Sukumar 858-549-2908
Friday 9:30-11:30 AM DEVI Group For women	Chanting-Kanakadharastotram, <i>Sri Lalita Sahasranama</i> Topic-Valmiki Ramayana Lecture	Lakshmi Sukumar	Poway- <i>Chinmaya Nivas</i>	Nita Halker 858-672-9760
Friday 7:30-9:00 PM	<i>Bhajans & Devotional songs</i> Chinmaya Swaranjali for Adults	Lakshmi Sukumar	Poway- <i>Chinmaya Nivas</i>	Anjali Bapat 858-391-1041
Saturday 6:15 -7:00 AM	Vedic Chanting	Lakshmi Sukumar	Poway- <i>Chinmaya Nivas</i>	Lakshmi Sukumar 858-549-2908
Saturday 7:00 -8:30 AM	Guided Meditation Vivekachudamani- Video Lecture by <i>Pujya Gurudev</i>	Lakshmi Sukumar	Poway- <i>Chinmaya Nivas</i>	Lakshmi Sukumar 858-549-2908
Saturday 9:00-10:30 AM	<i>Bhajans & Devotional songs</i> Chinmaya Dhvani for Children	Lakshmi Sukumar	Poway- <i>Chinmaya Nivas</i>	Sridevi Akkala 858-793-7029
Sunday 3:00-4:00 PM	Sanskrita Vihar -Module 3	Lakshmi Sukumar	Poway- <i>Chinmaya Nivas</i>	Nagesh Nookala 858-523-0602
Sunday 4:00-5:00 PM	Sanskrita Vihar -Module 1	Lakshmi Sukumar	Poway- <i>Chinmaya Nivas</i>	Amarnath Puttur 858-385-1974