

**Year 2016**

# **Divine Touch**

*Upcoming events at The Divine Life Society Petaling-sub Branch.  
All members, friends and families are cordially invited to partake in the  
auspicious events and derive spiritual benefit therefrom.*

## **EVERY SUNDAY MORNING PROGRAM**

- 9.00 am: Simple Yoga and Breathing exercise**
- 9.45 am: Break**
- 10.00am: Swadhayaya – Scriptural study**
- 12.00 pm: Weekly prayer (1st week of the month – Paaduka Pooja)**
- 1.00 pm: Lunch**

## **SPECIAL PRAYERS**

**7th March (Mon): Mahasivaratri**

Time: 7.30pm – 6.00am

**29th March (Tues): H.H. Swami Pranavanandaji's Mahasamadhi**

Time: 7.30pm - 9.00pm

**15th April (Fri): Sri Rama Navami**

Time: 7.30pm – 9.00pm

**14th July (Thurs): H.H. Swami Sivanandaji's Mahasamadhi**

Time: 7.30pm-9.00pm

**19th July (Tues): Sri Guru Purnima**

Time: 7.30pm – 9.00pm

**25th August (Thurs): Sri Krishna Janmashtami**

Time: 7.30pm - 12.00am

**28th August (Sun): H.H. Swami Chidanandaji's Mahasamadhi &**

**H.H. Swami Pranavanandaji's Birth Anniversary**

Time: 12.00 noon -1.00pm

**8th September (Thurs): H.H. Swami Sivanandaji's Birth Anniversary**

Time: 7.30pm - 9.00pm

**24th September (Sat): H.H. Swami Chidanandaji's Birth Anniversary**

Time: 7.30pm - 9.00pm

## ON ACTIVITIES

### ***DIVINE ACTIVITIES***

- **Maha Mrityunjaya Mantra Japa**  
Chanting of 108 Maha Mrityunjaya Mantra on every Saturday from 6.00pm - 6.30pm
- **H.H. Sri Swami Sivanandaji's Maharaj Birthday**  
Satsang on every 8th of the month from 7.30pm – 9.00pm

### ***SIVANANDA VIHAR (CHILDREN'S PROGRAMME)***

- Classes for children between the ages of 5 years -16 years are being conducted on every Sunday 10.00am-1.00pm. For further information please contact:

Selvi Mohan - Tel: 012-288 7170

Sumathi Rajesegar - Tel: 012-252 4553

### ***YOGA CLASSES***

DAY	TIME	CLASSES	INSTRUCTORS	CONTACT NO
<b>SWAMI SIVANANDA SPIRITUAL CENTRE (Open to All)</b> DLS Petaling at No 16 Jalan 18/16 Taman Kanagapuram, Petaling Jaya, Selangor				
Tuesday	7.00pm - 8.15pm	Ongoing Class	H.H. Swami Achyutanandaji	ssscweb@gmail.com
Thursday	10.30am -11.45am	Seniors Class (over 50 yrs)	Mr.Loga	019-2406784
Sunday	3.30pm - 4.30pm 5.00pm - 6.30pm	Beginners Class Ongoing Class	Mr.Kalai	013-3400446
<b>COBRA CLUB (Open to All)</b> Cobra-IJM Sports Complex, No. 7, Lorong Utara B, Jalan Utara, Petaling Jaya (near Tun Hussein Onn Eye Hospital )				
Saturday	3:30pm- 5:00pm 5.00pm - 6.30pm	Intermediate Class Beginners Class	Mr & Mrs Perumal	012-2592617
<b>LAKE CLUB (Members Only)</b>				
Tuesday	6.15pm - 7.30pm	Beginners & Ongoing Class	Mrs.Maheswaran Mr. Loga	012-2787409 03-79814343
Saturday	8.45am-10.00am	Beginners & Ongoing Class		

### ***The Divine Life Society Petaling-sub Branch***

📍 No 16, Jalan 18/16, Taman Kanagapuram, Petaling Jaya, 46000 Selangor

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