

Year 2017

# 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

9.30am-9.50am : Pranayama (Breathing) Exercises  
10.00am-11.00am : Swadhyaya (Scriptural study) - Bhagavad Gita  
11.00am-11.45am : Mantra chanting  
12.00pm-1.00pm : Weekly prayer (1st week of the month - Paduka Puja)  
1.00 pm : Lunch

## SPECIAL PRAYERS

**8th January (Sun): Sri Vaikuntha Ekadashi**

Time: 7.30pm - 6.00am

**24th February (Fri): Sri Maha Sivaratri**

Time: 7.30pm - 6.00am

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

Time: 7.30pm - 9.00pm

**5th April (Wed): Sri Ramanavami**

Time: 7.30pm - 9.00pm

**9th July (Sun): Sri Guru Purnima**

Time: 12.00 noon - 1.00pm

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

Time: 7.30pm - 9.00pm

**14th August (Mon): Sri Krishna Janmashtami\***

Time: 7.30pm - 12.00am

**28th August (Mon): H.H. Swami Chidanandaji's Mahasamadhi &  
H.H. Swami Pranavanandaji's Birth Anniversary**

Time: 7.30pm - 9.00pm

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

Time: 7.30pm - 9.00pm

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

Time: 12.00 noon - 1.00pm

## 29th December (Fri): Sri Vaikuntha Ekadhasi

Time: 7.30pm - 6.00am

### ON ACTIVITIES

- **Maha Mrityunjaya Mantra Japa**  
Chanting of Maha Mrityunjaya Mantra 108x & Hanuman Chalisa on every Saturday from 6.00pm - 7.00pm
- **H.H. Sri Swami Sivanandaji's Maharaj Birth-date**  
8th of every month is observed as the birth-date of H.H. Swami Sivanandaji Maharaj 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:

Ms. Selvi Mohan - Tel: 012-2887170

Ms. Sumathy Rajesegar - Tel: 012-2524553

### **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 - 8.30pm	Ongoing Class	H.H. Swami Achyutanandaji	ssscweb@gmail.com
Thursday	10.30am -11.45am	Seniors Class (over 50 years)	Mr.Loga	019-2406784
Sunday	3.30pm - 4.30pm 5.00pm - 6.30pm	Beginners Class Ongoing Class	Mr.Kalai	013-3400446
<b>SJK (T) Vivekananda, Jalan Templer, Petaling Jaya</b>				
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	012-2787409
Saturday	8.45am-10.00am	Beginners & Ongoing Class	& Mr. Loga	019-2406784

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

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

☎ 03-7772 2219 Website: <http://www.sssc.org.my>