

Vidya Matha Weekly Timetable

Starts Tuesday 04th July 2017



DAY	TIME	TEACHER	ROOM	LEVEL	FEE
MONDAY	Vidya Building is Closed Every MONDAY for Lord Shiva				
TUESDAY	An Ashram Experience Day on TUESDAY from 7am-9pm				
Vidya-Intro to Vedanta (National Open College Course)	10am-12noon	Sandra	Yoga Room	Open to all	£3/£5
Tiffin Tuesday (Veg. Food)	12noon - 2pm	Anand	Catering Van	Open to all	Various
Ashtanga Yoga	12:45pm - 2pm	James	Yoga Room	Open to all	£3/£5
Reiki Awareness Class	2pm - 4pm	Bernard	Yoga Room	Open to all	£3/£5
Darshan Drop In	4pm - 5pm	Sri Ramana	Darshan Room	Open to all	FREE
Vidya Kids	6pm - 7pm	Various	Yoga room	0-16 year olds	£3/£5
Ramana Awareness Programme (National Open College Course)	7pm - 9pm	Sri Ramana	Classroom	Open to all	£20 min.
WEDNESDAY					
Baby Mindful	11am - 12noon	Sue Day	Yoga Room	Open to all	£5
RAP intro	12:30pm - 1.30pm	Various	Yoga Room	Open to all	£3/£5
Spiritual Healing class	2pm - 4pm	John, and Team	Yoga Room	Open to all	£3/£5
Hatha Yoga class	6pm - 7pm	Helen	Yoga Room	Beginners	£3/£5
Chanting class(With dancing)	7:30pm - 9pm	Nalini	Yoga Room	Open to all	£3/£5
SATURDAY					
Meditation class (for adults)	7pm - 8:30pm	Sri Ramana	Darshan Room	Adults/Open to all	Donation
SUNDAY					
Ganesh Puja	7am - 7:30am	Sri Ramana	Darshan Room	Open to all	FREE
Advaita Vedanta class	7:30am-9:30am	Sri Ramana	Class Room	Open to all	Donation
Sanskrit class	9:30am-10:30am	Anand	Classroom	Open to all	Donation
Community Cafe	12noon - 2pm	Anand	Yoga Room	Open to all	FREE

For all enquiries regarding classes with Sri Ramana
Please contact:

Telephone: 07792 788627
Email: anand@ramanadevi.org

For all enquiries regarding community classes
Please contact:

Telephone: 01706 601 644
Website: www.vidyamatha.org
Email: info@vidyamatha.org

What is Vidya about?

Vidya is a School for Self Realisation, it is a cool project that supports adults and children to learn, practice and understand Self realisation and the practices to achieve it! It is a safe place for people to remember Who they really are, Why they are here, and What their purpose is? But, most importantly it is a place to engage with the Truth and to set your SELF Free.... Vidya started in March 2017 because there was a Need for a safe place to learn and grow Together. The goal of Vidya is to Support like-minded people to Realise Who they really are. It is for everyone searching for the Truth, both adults and children alike.

Explanation of facility fees

The school is run by a charity (no.1148843) and any fees we request at classes and courses are to help cover all the costs of running the school. Any surplus proceeds are utilized in making our teaching, the philosophy, available to a greater number of people through the provision of our education programmes and community service.

We do not charge for the teachings, Just for a contribution towards the facilities we provide. The teachers and organisers of the classes give their time freely out of a wish to benefit others. For more information about the charity and it's activities, come in and see us. Becoming a member is the most economical way to enjoy all our classes. If you attend classes regularly, membership will represent substantial saving over paying for individual classes. As classes you can attend are unlimited once you have paid your monthly fee!

Private Tuition with Sri Ramana

Which includes Sanskrit (for children) and One to One appointments...

'Buddhi' sessions – helping you to connect with your Divine Purpose, with practical steps as to how you can manifest this in your life...

Kundalini Assistance - Many people have experiences of 'sudden awakenings', dramatic shifts in consciousness and sometimes experiences of great turbulence. Like very few other people, Sri Ramana is able to sooth and regulate the Kundalini energy so that individuals can integrate back into their everyday lives.

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Prasad (Holy/Blessed food)

At Tuesdays and Sundays, look out for 'Parvati' our very own Vegan catering van, who will be serving meals to all

Room Hire and Catering

We have a selection of rooms available for hire, suitable for one to ones, groups, talks and classes. Please enquire for details & prices.

Live Streaming (Coming Soon!)

Many of our events will be live streamed, meaning that you can participate and enjoy from the comfort of your home, anywhere in the world!

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