

Living Vedanta - Programme Schedule

Note : Due to current COVID Lockdown restrictions, all classes are conducted online via Zoom

Programme	Introduction to Vedanta			
Location	Day & Time	Programme Content	Pre-requisite	Availability
Zoom	Saturday 6-8pm (10 weeks). Week 3 in progress	Vedanta Foundation course	New joiners	Full for current course. .

* - New joiners please register interest so we can set up next course

Programme	Tattva Bodha Class			
Location	Day & Time	Programme Content	Pre-requisite	Availability
Zoom	Friday 630-8pm (10 weeks). Week 3 in progress	Tattvabodha by Adi Sankaracharya	Introduction to Vedanta	Full

Programme	Tattva Bodha Class			
Location	Day & Time	Programme Content	Pre-requisite	Availability
Zoom	Tuesday and Friday 6am to 7am	Tattvabodha by Adi Sankaracharya	Teachers Course	Full

Programme	Bhagavad Gita Class			
Location	Day & Time	Programme Content	Pre-requisite	Availability
Zoom	Every Sunday starting July 19th 2020. Timing 10.30am -12pm	Gita Summary classes. Course tenure estimated 2 years.	Introduction to Vedanta (minimum)	Available.

Programme	Bhagavad Gita Class			
Location	Day & Time	Programme Content	Pre-requisite	Availability
Zoom	Every Wednesday. Timing 8.30pm-9.30 pm. Currently on Ch 10.	Gita Summary classes. Course tenure estimated 2 years.	Introduction to Vedanta (minimum)	Full

Programme	Saddarshana Class			
Location	Day & Time	Programme Content	Pre-requisite	Availability
Zoom	1st and 3rd Saturday each month 4pm - 5.30pm (nearing completion)	Saddarshana by Ramana Maharishi	For advanced Vedanta students	Full

Programme	Atma Bodha Class			
Location	Day & Time	Programme Content	Pre-requisite	Availability
Zoom	2nd and 4th Saturday each month 9.30am to 11am	Atmabodha by Adi Sankaracharya	Teachers class	Full

Programme	Yoga Class			
Location	Day & Time	Programme Content	Pre-requisite	Availability

Zoom	Mon, Wed, Sat 7.30am - 9am Tue, Thu 8am - 9am Chair yoga.	Yoga for flexibility and fitness. Lighter chair yoga for those who prefer that	Space at home to undertake yoga, yoga mat, blocks	Available
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Programme	Vedic Chanting Class			
Location	Day & Time	Programme Content	Pre-requisite	Availability
Zoom	Mondays 9am -10.30 am	Chanting with swara	None	Full.

** - New class can be considered after Covid restrictions.

Programme	Satsang			
Location	Day & Time	Programme Content	Pre-requisite	Availability
Zoom (Croydon)	4th Saturday of the month	Group satsang. Meditation, chanting, bhajans, reading and discussion	None	Available

Programme	Satsang			
Location	Day & Time	Programme Content	Pre-requisite	Availability
Zoom (Bexleyheath)	4th Saturday of the month	Group satsang. Meditation, chanting, bhajans, reading and discussion. More children based.	None	Available