

Free Classes on Meditation

"Inner and Outer Peace through Meditation"

Six Week Course, Facilitator: Raymond Holmes

Tuesdays, April 5th – Tuesday, May 10th

7:00pm - 9:00pm

Free, please RSVP

"Empowering Your Soul through Meditation"

Six Week Course, Facilitator: Raymond Holmes

Wednesdays, April 6th - May 11th

7:00pm - 9:00pm

These classes are based on the best-selling books - of the same titles - written by His Holiness Sant Rajinder Singh Ji Maharaj.

Location: Sixth & I Historical Synagogue

Administration Building

606 I "Eye" St, NW, Washington, DC

Metro: Gallery Place - Chinatown

SEATING IS LIMITED – REGISTRATION IS REQUIRED, Please Email to:

RaymondholmesSOS@gmail.com

Or call Kate at 202.725.8603

Meditation Classes in Spanish

Every Friday 7:00 to 9:00 p.m.

Iglesia de Santa Maria

7000 Arlington, Blvd

Falls Church, VA 22042

Tel: 703.408.6944



Regular Meditation Meetings

Sundays 3:00 - 5:00 p.m. (except 1st Sunday of the month)

Seekers Church

276 Carroll Street, NW

Washington, DC 20012

Contacts:

Karin Silverman: 301.649.7670 or

Shilpa Bhandari: 240.723.5725

Contact: DCInfo@sos.org

Second (2nd) Saturdays (Hindi language)

11:00 - 1:00 p.m.

Casey Community Center

810 S Frederick Ave

Gaithersburg, MD 20877

Contacts:

Shilpa Bhandari: 240.723.5725 or

Meena Sharma: 301.330.2137

Fourth (4th) Saturdays (Hindi language)

11:00 - 1:00 p.m.

Vienna Community Center

120 Cherry Street, SE, Vienna, VA 22180

Contacts:

Dimple Sandhu: 571.437.3405 or

Ritu Kaushal: 703.675.7413

Email: info@sosdc.org

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Science of Spirituality is an international, multi-faith organization dedicated to Love, Unity, and Peace, under the direction of Sant Rajinder Singh Ji Maharaj.

Science of Spirituality National Headquarters

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