

Sawan Kirpal Meditation Center
19384 Smoots Rd.
Bowling Green, VA 22427



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ENLIGHTENED LIVING PROGRAMS - JANUARY - APRIL 2012

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Enlightened Living Program

Science of Spirituality Mid-Atlantic Region

MID_ATLANTIC@SOS.ORG

Sant Rajinder Singh Ji Maharaj is one of the world's leading experts in meditation. He has presented his powerful yet simple technique to millions of people throughout the world through seminars, meditation retreats, television and radio shows, magazines, and books. His method of achieving inner and outer peace through meditation has been recognized and highly respected by civic, religious, and spiritual leaders wherever he goes.



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ENLIGHTENED LIVING PROGRAMS
2012

----- MARYLAND

Baltimore Healthy Expo

Saturday, **March 17th**, 10:00 AM – 5:00 PM
Baltimore Convention Center
One W. Pratt St.
Baltimore MD 21201
Tel: 410 992-3415

----- NORTH CAROLINA

Sant Mat: Teachings of the Great Masters

A Public Talk – Speaker: William Smith, MS
Saturday, **March 24th**, 2:00 PM
Triad Yoga Institute
3940 W. Market St.
Greensboro NC 27403
Tel: 336 817-5567

Natural Triad Health and Wellness Show

Saturday, **March 31st** 9:00 AM – 6:00 PM
Greensboro Coliseum
1921 W. Lee St.
Greensboro NC 27403
Tel: 410 992-3415

----- VIRGINIA

Empowering Your Soul through Meditation

Study and Meditation Group
Facilitated by Debbie Bennett
Wednesdays, 7:00 PM
January 4th, February 1st,
March 7th & April 4th
Caroline Street Library
1201 Caroline St.
Fredericksburg VA 22401
Tel: 540 372-1144

Health and Wellness Retreat for Everyone

Facilitated by Debbie Bennett
Saturdays,
January 21st, February 18th & April 21st
Yoga 1:00 PM - 2:00 PM
Vegetarian Cooking 2:00 - 3:30 PM
Meditation for Peaceful Living 3:30 - 4:30 PM
Porter Memorial Library
2001 Parkway Blvd., Stafford VA 22554
Tel: 540 659-4909

Yoga, Vegetarian Cooking, and Meditation For Peaceful Living

Facilitated by Debbie Bennett
Saturdays, **January 28th & April 28th**
Yoga 1:00 - 2:00 PM
Vegetarian Cooking 2:00 - 3:30 PM
Meditation for Peaceful Living 3:30 - 4:30 PM
Salem Church Library
2607 Salem Church Rd.
Fredericksburg VA 22407
Tel: 540 785-9267

Finding Inner Peace in a Hectic World

A Public Talk – Speaker: Jule Millard, PhD
Friday, **March 16th**, 7:30 PM
Friends Meeting House
4500 Kensington Ave., Richmond VA 23221
Tel: 843 655-1466

Meditation for Healthy Living

A Public Talk – Karin Silverman
Saturday, **March 24th**, 2:15 PM
The Women's Forum
2300 Washington Ave., Fredericksburg VA
Tel: 540 373-4496

Reducing Stress through Meditation

A Public Talk – Speaker: William Smith, MS
Wednesday, **April 18th**, 7:00 PM
Old King George Middle School
8562 Dahlgren Road, King George VA 22485
Tel: 540 775-7951

----- VIRGINIA CONTINUED

Finding Inner Peace Through Meditation
A Public Talk – Speaker: William Smith, MS
Monday, **April 30th**, 7:00 PM
Central Rappahannock Regional Library
1201 Caroline St., Fredericksburg VA 22401
Tel: 540 372-1144

----- WASHINGTON, D.C.

Meditation:
A New Year’s Resolution Worth Keeping
A Public Talk – Speakers: Gerry Gorman and David Newcomb
Tuesdays, **January 10th & 17th**, 7:00 PM
Cleveland Park Neighborhood Library
3310 Connecticut Ave. NW
Washington DC 20008
Tel: 202 727-1264

Meditation for Healthy Living
A Public Talk – Speaker: Karin Silverman
Wednesday, **January 11th**, 1:00 PM
Chevy Chase Neighborhood Library
5625 Connecticut Ave., NW
Washington DC 20015
Tel: 202 282-0021

Meditation for Healthy Living
A Public Talk – Speaker: Karin Silverman
Saturday, **January 14th**, 1:00 PM
Lamond-Riggs Branch DC Public Library
5401 S. Dakota Ave. NE
Washington DC 20011
Tel: 202 541-6255

Meditation and Personal Happiness
A 3-Part Meditation Class Facilitated by David Newcomb - Wednesdays
February 1st, 8th & 15th, 7:30 PM
West End Library
1101 24th St. NW
Washington DC 20037
Tel: 202 724-8698

----- D.C. CONTINUED

1 - **Meditation and Personal Happiness**
2 - **Transforming Ourselves Through Meditation and Lifestyle**
3 - **The Spiritual Path in Music**
A Series of Three Topics Facilitated by David Newcomb
March 5th, March 12th, March 19th
All classes on Mondays at 7:00 PM
Watha T. Daniel-Shaw
Neighborhood Library
1630 7th St. NW
Washington DC 20001
Tel: 202 727-1288

Meditation for Healthy Living
A Public Talk – Speaker: Karin Silverman
Tuesday, **March 20th**, 7:00 PM
Dorothy I. Height / Benning
Neighborhood Library
3935 Benning Road NE
Washington DC 20019
Tel: 202 281-2598

Finding Happiness in an Uncertain World Through Meditation
A Public Talk – Speaker: William Smith, MS
Monday, **April 16th**, 6:30 PM
Watha T. Daniel – Shaw
Neighborhood Library
1630 7th St. NW
Washington DC 20001
Tel: 202 727-1288

Reducing Stress Through Meditation
A Public Talk – Speaker: Gerry Gorman
Thursday, **April 19th**, 6:30 PM
Anacostia Neighborhood Library
1800 Good Hope Rd. SE
Washington DC 20020
Tel: 202 715-7707



----- D.C. CONTINUED

Reducing Stress Through Meditation
A Public Talk – Speaker: William Smith, MS
Saturday, **April 21st**, 1:00 PM
Woodbridge Neighborhood Library
1801 Hamlin Street NE
Washington DC 20018
Tel: 202 541-6226

Reducing Stress Through Meditation
A Public Talk – Speaker: William Smith, MS
Thursday, **April 26th**, 7:00 PM
Southeast Neighborhood Library
403 7th St. SE
Washington DC 20001
Tel: 202 698-3377

EVENTS AT SAWAN KIRPAL MEDITATION CENTER

19384 Smoots Rd.
Bowling Green, VA 22427
Tel: 804 633-9987

Introduction to Jyoti Meditation
Every Sunday – 11:00 AM - 12:00 PM
Tel: 540 498-7979

Yoga and Meditation Retreat for Children and Teens
Includes gentle, deeply relaxing yoga, meditation, nature walks, labyrinth, and workshops on health and wellness. Vegetarian lunch included.
Coordinator: Debbie Bennett
Saturday, **March 17th**, 9:00 AM – 3:00 PM
Tel: 540 498-7979

MID-ATLANTIC MEETING CENTERS
DC - MD - VA - WV - NC - SC

Regularly scheduled Spiritual Gatherings and Programs are available in the areas listed below. Local representatives may be contacted for program schedules and information.

ARLINGTON, VA - English / Spanish
Contacts: Barry Lerner 703-801-4814
Argeny Rodriguez 703 408-6944

BALTIMORE, MD - English
Contact: Samuel Harriday 443-831-4384

BOWLING GREEN, VA -English
Contact: Kay Cataldo 804-633-5789

CHARLOTTESVILLE, VA - English
Contact: Gerry Gorman 434-293-3635

COLUMBIA, MD - English
Contact: Saraswati Sukumar 410-381-1934

CUMBERLAND, MD - English
Contact: Donald Dicken 301-724-6589

FREDERICKSBURG, VA - English
Contact: Debbie Bennett 540-498-7979

GAITHERSBURG, MD - Hindi / English
Contacts: Meena Sharma 301-330-2137
Shilpa Bhandari 240-273-5725

Germantown, MD - English
Contact: Dhanwant Kaur 301 972-4243

GREENSBORO, NC - English
Contact: Paul Anderson 336-765-9169

HAMPTON / NEWPORT NEWS, VA - English
Contact: Antonio Carpenter 757 619 2793

MORGANTOWN, WV - English
Contacts: Donald Royse 304-292-8705
Linda Christen 304-594-2494

RALEIGH, NC - English
Contact: Rich Seader 919-490-4444

RICHMOND, VA - English
Contact: Felton Walker 804-350-3328
Mary Hoffman 804 364-5539

SILVER SPRING, MD - English
Contact: Stephan Silverman 301-649-7670

TOWSON, MD - English
Contact: Donald Hoes 443-980-5599

VIENNA, VA - Hindi
Contact: Davinder Khanna 703-941-1350

VIRGINIA BEACH, VA - English
Contact: Mark Gresalfi 757-426-7248

WASHINGTON, DC - English
Contacts: David Newcomb 202-333-2417
Karin Silverman 240-271-8963

FOR MORE INFORMATION AND UPDATES, CONTACT US : MIDATLANTIC@SOS.ORG
WWW.SOS.ORG