

WE HAVE PLEASURE IN ANNOUNCING THAT ON 27TH NOVEMBER THURSDAY,
OUR MEMBERS WILL HAVE AN OPPORTUNITY TO LEARN THE THREE STEP
RHYTHMIC BREATHING SYSTEM AND LEARN ABOUT GITA FROM THE
LEARNED SHRI RAJENBHAI VAKIL
THE RPOGRAMME WILL TAKE PLACE AFTER LUNCH.

Re: 3 Step Rhythmic Breathing System

Shri Rajenbhai Vakil (from Porbandar) the Present day - Head
of the above institute, is visiting UK on 20-11-08 for two
weeks only.

He will explain scientific way how 3SRB works and will also
give modern meaning of GITA's slokas, as he has written
interpretations of GITA for Modern Time.