



**Arsha Vidya Center, South Jersey
& Bharatiya Temple Yoga - HHS Committee**

proudly presents

**A Discussion & Workshop On
Karma-Yoga and Meditation**

By Sri Sharad Pimplaskar

Venue: Bharatiya Temple, 1612 Country Line Road,
North Wales, PA 19454

Date: June 13th, 2010, 10:00 AM - 11:30 AM

Admission is free to all

Please bring Yoga mat and an open mind to participate

Contact persons: Ash Aragam (610-222-7695), Renuka Adiraju (215-542-8596)
or call BCC at 215-997-1181



Yoga and Meditation have become everyday words. Some people even claim to be practicing them regularly. However, what is popularly practiced as Yoga and Meditation is only a tiny fraction of what they are meant to accomplish. These people are only scratching the surface when the vast treasure underneath is left un-explored.

Yoga and Meditation come to us from Upanishads, the books of knowledge found in the Vedas, the scriptures of Ancient India. These ancient books contain the wisdom for the entire mankind. They reveal the secrets we can use in our everyday conduct and attitudes towards life to discover the infinite peace and happiness we all aspire. According to them, Yoga is not merely a technique for fitness and health, nor is Meditation just a way to experience temporary solitude. Rather, they comprise the very means for capturing the essence of our existence.

In this introductory discussion and workshop, you will discover the vision of Upanishads. During the discussion part, you will become familiar with the basic teachings of Upanishads. These teachings reveal the core of our selves that is integral to the universal reality. This reality is the source of our being and everything that defines our welfare and happiness. Meditation is the way to connect to this universal reality. Karma-Yoga, in turn, is the understanding and the practical approach we need to keep this connection alive and working for us. The Meditation workshop will follow the session on Karma-Yoga. Please bring a mat for seating.

About Sharad Pimplaskar: Sharad-ji has been blessed to have known Swami Dayananda Saraswati for the past 25 years. He has been a student of Vedanta and Sanskrit. He and his wife Lata have been Board of Trustees of Arsha Vidya Gurukulam at Saylorsburg, PA ever since its inception and were fortunate to help make it a reality in 1986. With Swamiji's encouragement, they have been conducting several Gita Study (Vedanta) and Sanskrit classes in South Jersey for the last fifteen years. They have also been teaching Swamiji's Vedic Heritage program to Balvihar children in South Jersey. Sharad-ji came to USA 42 years ago. Professionally he is a Chemical Engineer and works as a Project Manager at an oil refinery in Philadelphia. He and his wife have raised two children and are proud grand-parents of a baby boy.

About Arsha Vidya Center of SJ: AVC -SJ is an out-reach center of Arsha Vidya Gurukulam and was created to serve the South Jersey and the surrounding tri-state area in bringing the teachings of Vedanta, Sanskrit, Yoga and Vedic Heritage to the local communities. This center also serves to organize charitable activities supported by the Gurukulam. Please go to the Gurukulam website for more information at: www.arshavidya.org.