

Inagi Ashram Programme (Free admission – attendees can come and go as they please)

*Please prepare your questions for Swamiji beforehand by writing them down on a piece of paper.

31st October (Saturday)

Children's Programme

(Exchange session with Swamiji and the children)

We are planning sightseeing at Tama Zoo and lunch but we currently are looking for a co-ordinator.

(Please enquire further by visiting our website www.amma.jp nearer the time)

31st October (Saturday)

Laxmi Puja (Prayers to the Goddess of Prosperity)

17.30 – Registration

18.00 – approx. 21.00 (times may change). The purpose of this prayer is to gain material and spiritual abundance through the blessings of the goddess Mother Laxmi. The prayers also help remove obstacles that prevent us from starting spiritual practice and business enterprises. It is a wonderful opportunity to purify the heart. (Application details are outlined on another sheet. Free admission)

We are currently looking for people to help out with setting up for the puja.

Puja preparations will be carried out on the afternoon of the day prior to the programme (Friday the 30th) and the morning of the 31st (Saturday). For those who can help please come to the Inagi ashram after contacting us beforehand on the following number: 070-6524-7569 asking for Nemoto san.

1st November (Sunday)

[Bhajan practice and satsang (exchange session)]

Programme contents:

14.30 – Swamiji's discourse. Bhajan practice session.

16.30 – Break

17.00 – satsang (songs, flute meditation, Q&A)

19.30 – Swamiji exchange session (over dinner)

4th November (Wednesday)

19.30 – 21.00

Swamiji class 2. Meditation, Q&A

11th November (Tuesday)

19.30 – 22.00 Q&A, Swamiji exchange session.

This is Swamiji's last programme in Japan so this session will also double up as a farewell party. (How about bringing some food for Swamiji. We're planning on having a dinner party where each one brings some food to share. However, we request that all food brought to the event must be 100% vegetarian.)

NB: The ashram programme may change. If you plan on attending the above programmes please check before coming by visiting our website: www.amma.jp or e-mail: swamiji2009@amma.jp or tel: 070-5550-4237 to enquire.

Ashram address: 206-0804 Tokyo, Inagi shi, Hakumura 1620-1.