



Preksha Meditation and Yoga 2-Day Camp

Saturday and Sunday

May 22nd and 23rd

9:00 am to 12 noon

Held at the Simsbury Grange Building

236 Farms Village Road

West Simsbury, CT 06092

Held outdoors weather permitting, Otherwise in the dance hall

In the presence of two Jain Teachers (Fully Covid19 Vaccinated), a two-day camp will be held, including meditation, yoga, chanting mantras, and breathing techniques for optimal well-being and self-actualization.



Samani Jina Pragya



Samani Kshanti Pragya

Please RSVP by Wednesday, May 19th, 2021

Cynthia Fridlich/Mr Steve Fridlich

407-493-2514 RSVP number/TXTs accepted

profmoonshine@yahoo.com

[Virtual Meeting for those who cannot Attend to be arranged](#)