



Pacific Meditation Center

Bala Vihar

2010-2011 Registration Now Open

Saturdays 8/28/2010-5/21/2011

10:30 am-12:00 pm

Now Enrolling for Spring 2010!

Bala Vihar: A Place for Kids from Grades K-5

- Storytelling, art, and music activities
- Explore the rich cultural and philosophical heritage of India
- Yoga
- Meditation
- Slokas
- Kirtan



Pacific Meditation Center

- Staff are experienced teachers
- Featured in the **San Jose Mercury News**



Location: St. Timothy's Church (not affiliated with PMC)
2094 Grant Road, Mountain View, CA 94040

Cost: \$360 for 30 classes
Join the class at any time & pay prorated amount

Register: Online at www.pacificmeditation.com or
call Vimi at (408) 891-1115

Questions: Info@pacificmeditation.com

PMC

Pacific Meditation Center

www.pacificmeditation.com
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