



D.C. - MD - VA - WV - DE - NC

## Science of Spirituality Welcomes You



We Invite you to join us at our  
Enlightened Living Programs



- informative talks



- workshops



- meditation  
retreats

Please Join us... Our Talks are always Free and open to the Public.





## Maryland

Regularly scheduled Spiritual Gatherings and Programs are available in the areas listed below. Local representatives may be contacted for program schedules and information.

**BALTIMORE, MD** - English

Contact: Samuel Harriday 443-831-4384

**COLUMBIA, MD** - English

Contact: Saraswati Sukumar 410-381-1934

**CUMBERLAND, MD** - English

Contact: Donald Dicken 301-724-6589

## North Carolina

**On-going Meditation Class**

Facilitated by Paul Anderson

515 College Road, Suite 3

Greensboro NC 27410

Contact Paul for **dates and times**

Anderson.paul6810@gmail.com

Tel: (336) 817-5567





## Virginia

### **Ongoing Jyoti Meditation Class**

Coordinated by Debbie Bennett

**Wednesdays**, 7:00 -- 8:00 PM

Center Court Office Park

1671 Jefferson Davis Highway, Suite 202

Fredericksburg, VA

Tel: 540 498 7979

### **Yoga and Meditation Retreat @ Sawan Kirpal Meditation Center**

Coordinated by Debbie Bennett

Saturday, **March 5th** at 9:00 AM

and continues through Sunday, **March 6th** at 3:00 PM

Sawan Kirpal Meditation Center

19384 Smoots Rd.

Bowling Green, Virginia 22427

Tel: (540) 498-7979 or

Email: [midatlantic@sos.org](mailto:midatlantic@sos.org)



[@SOS\\_WashDC](#)

[@SOS\\_MidAtlantic](#)



contact us: [midatlantic@sos.org](mailto:midatlantic@sos.org) --

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## Washington, DC

### **Saturday Morning Meditation @ SOS DC Meditation Center**

Join long-time meditator and teacher David Newcomb in an interactive course of study that will introduce you to Jyoti meditation (meditation on the inner light), and begin to discover the peace and pleasure of knowing who you are.

Saturday Morning Meditation classes run in three-week cycles, beginning on the second Saturday of every month. Each class runs from 11:00 a.m. until 12:30 p.m., and is held at the

Science of Spirituality Meditation Center  
2950 Arizona Avenue NW  
Washington DC 20016

Since class content is cumulative, we ask that you begin with the first class (the second Saturday) of a cycle. Classes are free and open to everyone, but you must register beforehand. To register, please send an

Email to [DCinfo@sos.org](mailto:DCinfo@sos.org) or call

301- 598-3582 (if no answer, be sure to leave a call-back number and your name).



@SOS\_WashDC

@SOS\_MidAtlantic



contact us: [midatlantic@sos.org](mailto:midatlantic@sos.org) --

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**Science of Spirituality Meditation Center**  
2950 Arizona Ave NW, Washington, DC 20016



**Our Programs**

**Sundays**

(except the first Sunday of the month)

**English Language Satsang:**

Meditation - 9:00 a.m. - 11:00 a.m.  
Satsang - 11:00 a.m. - 12:00 p.m.  
Vegetarian Langar 1:00 p.m.  
All are Welcome !

**Hindi Language Satsang:**

Satsang - 12:00 p.m. - 1:00 p.m.

**Spanish Language Satsang:**

Facilitator: Argeny Rodriguez

**Saturdays**, except for the first Saturday of the month, 11:00 AM until 12:00 noon.

**Contacts**

Email [DCInfo@sos.org](mailto:DCInfo@sos.org)

**English:**

301.598.3582

**Hindi:**

301.330.2137

**Spanish:**

703.408.6944

**More Programs at the Center**

**Monday Night Meditation**

**Mondays**, 7:00 - 8:30 PM

Class participants must register. Beginning and Intermediate Classes.

For more info: <http://sosdc.org/meditation>

Or [DCInfo@sos.org](mailto:DCInfo@sos.org) or tel: (301) 598-3582

**Yoga (in English)**

Ongoing Workshop - Facilitator: Argeny Rodriguez

**Saturdays**, 10:00 AM - 11:00 AM (No yoga classes on the first Saturday of the month)

Class size limited to 8 students. Students must register beforehand.

[Arg.medit@gmail.com](mailto:Arg.medit@gmail.com) or (703) 212-8140

**Saturday Morning Meditation**

Saturdays, 11:00 AM - 12:30 PM

Class participants must register.

Email: [DCInfo@sos.org](mailto:DCInfo@sos.org)

tel: (301) 598-3582



@SOS\_WashDC  
@SOS\_MidAtlantic



contact us: [midatlantic@sos.org](mailto:midatlantic@sos.org) --

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## Events at Sawan Kirpal Meditation Center

19384 Smoots Rd, Bowling Green, VA 22427  
Contact: Katie Ivey  
Tel: (804) 363-9323



### Our Programs

#### **Satsang**

#### **Sundays**

Meditation 11:00 AM - 12:00 Noon

Satsang 12:00 - 1:00 PM

A delicious vegetarian lunch follows Satsang.

The **First Sunday** of each month SKMC hosts the Mid-Atlantic regional Satsang.

### More Programs at the Center

#### **Yoga for Everyone**

Instructor - Justin Mattos

**Sundays:** 9:30 - 10:45 AM

Tel: (540) 498-7979

#### **Introduction to Jyoti Meditation**

Facilitated by Debbie Bennett and Ron Madry

**Sundays,** 11:00 AM - 12:00 PM

Tel: (540) 498-7979

#### **Self-Introspection Support Group**

Facilitated by Debbie Bennett

**Sundays,** 2:00 - 3:00 PM

Tel: (540) 498-7979

#### **Ongoing Jyoti Meditation**

**Saturdays,** 11:00 AM to 12:00 noon

#### **Yoga and Meditation Retreat**

Coordinated by Debbie Bennett

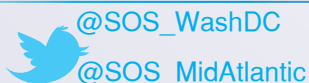
Saturday, **March 5th** at 9:00 AM

and continues through

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Tel: (540) 498-7979 or

Email: [midatlantic@sos.org](mailto:midatlantic@sos.org)



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[Find a meeting or program](#)



Mid-Atlantic Meeting Centers  
DC - MD - VA - WV - NC - SC

Regularly scheduled Spiritual Gatherings and Programs are available in the areas listed below. Local representatives may be contacted for program schedules and information.

**ARLINGTON, VA** - English / Spanish

Contacts: Barry Lerner 703-801-4814

**BALTIMORE, MD** - English

Contact: Samuel Harriday 443-831-4384

**BOWLING GREEN, VA** -English

Contact: Katie Ivey  
Bowling Green Center Secretary 804 363-9323

**CHARLOTTESVILLE, VA** - English

Contact: Gerry Gorman 434-293-3635

**COLUMBIA, MD** - English

Contact: Saraswati Sukumar 410-381-1934

**CUMBERLAND, MD** - English

Contact: Donald Dicken 301-724-6589

**GREENSBORO, NC** - English

Contact: Paul Anderson 336-765-9169

**MORGANTOWN, WV** - English

Contacts: Donald Royse 304-292-8705

**RICHMOND, VA** - English

Contact: Felton Walker 804-350-3328

**VIRGINIA BEACH, VA** - English

Contact: Mark Gresalfi 757-426-7248

**WASHINGTON, DC**

English - Hindi - Spanish

**English:**

Karin Silverman 240.271.8963  
David Newcomb 301.598.3582  
Zelma Chamberlain 202.506.0934

**Hindi:**

Davinder Khanna 571.218.9541  
Shilpa Arora 240.723.5725  
Meena Sharma 301.330.2137  
Dhanwant Kaur 301.972.4243

**Spanish:**

Argeny Rodriguez 703.408.6944

