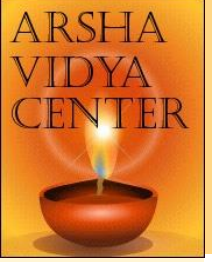




A new 1 Year advanced course on Vedānta
Based on Śrī Dakṣiṇāmūrti Stotram by Ādi Saṅkarācārya
Starts on Tuesday, Jan 29. Tuesdays from 7:30 to 9 PM
Live at 691 S. Milpitas Blvd, Milpitas and streamed on YouTube



Studying a Vedāntic text is like looking at a mirror. You are really not looking at the mirror, you are examining yourself; you can only do so by viewing in a mirror

About the text, Śrī Dakṣiṇāmūrti Stotram:

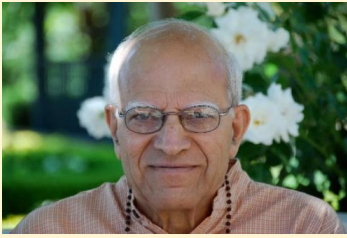
- it is an ancient text, traditionally regarded by scholars of Vedānta as capturing the essence of Advaita Vedānta well, meaning an excellent insight into our lives, our aspirations and advice on being happy
- it is so highly regarded that the entire text of 10 verses is chanted before the study of Brahma Sutras, which is the ultimate treatise on Vedānta, composed by the sage Vyasa
- each verse reveals the person behind our personality, the actor behind the role

How the course will be taught:

- each class will consist of chanting, a discourse explaining the verse, and Q&A
- the classes will also be live streamed on YouTube, and both video and audio recordings will be available
- there will be, on average, 4 classes for each of the 10 verses
- chanting will transition from learning to chant, practicing and then committing to memory
- text and commentaries, on which discourses will be based, will be available
- each segment of 4 classes will end with one or more meditations to internalize the essence of verses
- students are expected to submit a brief report at the end of each verse
- teaching will be in English, with liberal use of Sanskrit
- To be notified of live streaming of classes, go to AVC Bay Area YouTube channel and click “subscribe” on the right hand side. Please visit www.arshavidyacenter.org for background and previous recordings.



About the teacher: Śrī Vijay Kapoor



- has been teaching Vedānta for over 30 years; currently to approx. 150 students
- introduced to Vedānta by Swami Chinmayananda in 1973, Śrī Kapoor attended the 2 ½ year course taught by Swami Dayananda in Piercy, CA from 1979 to 1982
- co-founder of the Arsha Vidya Gurukulam in Saylorsburg, Pennsylvania and founder of Arsha Vidya Center in the Bay Area
- MS in computer science from UC Berkeley, and MBA from Univ of Santa Clara

Expectations from the students:

- all are welcome, but students with prior study of Vedānta will be preferred
- some familiarity with Sanskrit will be desirable
- all students will need to pre-register. Please register by sending an email to vijaykapoor@gmail.com. New students please include an introduction of yourself – your professional background and previous experience of Vedānta study
- unless students are located far from Milpitas, live presence is expected. Occasional absences will need to be made up by viewing stored video on YouTube

Expectations from the course:

- at a minimum, you will gain an insight into the desired goal of life, and a well laid-out plan to reach it
- you will gain independence from the uncertainties of life, and insulation from pin-pricks of unpleasant experiences
- you will gain an introduction to the teaching method of age-old Vedic śāstras, so that you can deepen your study going forward.

Please note that there is no charge for the course.
Donations to help with expenses for holding the course are accepted