

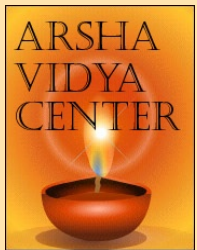


# Starting a new

# *Bhagavad Gita*

# Class

**People often ask: What are the core tenets of Hinduism? What is Vedanta? How can it help me gain peace and joy in my life? Is Bhagavad Gita part of Vedanta?**



**Arsha Vidya Center is starting a 16 week course to answer these questions. It will be based on a thorough study of chapter 7 of Bhagavad Gita and will be taught in 3 segments:**

1. Core tenets of Hinduism. 2 classes. A background paper will be distributed, and it will be discussed in the class.
2. Introduction to Vedanta and Bhagavad Gita. 3 classes. How Gita presents core tenets of Hinduism, and a summary of its first 6 chapters will be discussed.
3. The heart of the course. 10 classes. Understanding the essence of Gita's advice for leading a happier life.

The 16th session will be in the form of an in-class quiz, reflecting key concepts of the course. Later, students will benefit by developing an essay based on the quiz.

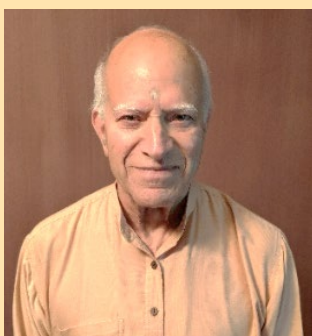
**Class format: Duration - 90 minutes.**

- 10 minutes - chanting of the Gita verses
- 60 minutes – discourse
- 20 minutes – Q&A

**From 10 to 11:30 AM on Saturdays. All classes at 691 South Milpitas Blvd, Milpitas. First class: July 13, 2019. To register, please send email to [vijaykapoor@gmail.com](mailto:vijaykapoor@gmail.com).**

Physical presence of students preferred. Classes will be video-streamed on YouTube, and also available for later viewing. However, except for people remotely based, all students will be required for the first and the last class to be physically present.

There is no fee for the course. The course will be suitable for both new students and continuing students. For more information, please visit [arshavidyacenter.org](http://arshavidyacenter.org).



The instructor, Sri Vijay Kapoor is a direct, senior disciple of Pujya Swami Dayananda Saraswati and studied with his guru in an ashram for 2 ½ years. He is the founder of Arsha Vidya Center, and has taught Vedanta for over 25 years to hundreds of students.

