

Aug 13th to Aug 15th - Seattle

Day	Date	Time
Sunday	13-Aug	6:00 to 9:00 pm
Monday	14-Aug	6:00 to 9:00 pm
Tuesday	15-Aug	6:00 to 9:00 pm

Location: - 16728 North East 91st St, Redmond, WA 98052

Contact: - Manish Patel - (425) 922 4351

Aug 18th to Aug 24th - Southern California - LA

Talk by Sri. Rajen Vakil - Some Topic will be Gayatri Mantra, AUM, Conscious Journey of Death, Mahabharat Characters

Day	Date	Time
Friday	18-Aug	7:00 to 8:30 pm
Saturday	19-Aug	6:30 to 8:30 pm
Sunday	20-Aug	6:30 to 8:30 pm
Monday	21-Aug	7:00 to 8:30 pm
Tuesday	22-Aug	7:00 to 8:30 pm
Wednesday (Sarathi)	23-Aug	7:30 to 8:30 pm
Thursday	24-Aug	7:00 to 8:30 pm

Location: - Gayatri Chetna Center, Vishwamitra Hall, 2446 Orange Ave. Anaheim, CA 92804

Location: - **For Wed Aug 23rd** - Sarathi Yoga Foundation, Woodbury Park Community Center, 130 Sanctuary, Irvine, CA.

Contact: - Chandrashekar Bhatt (562) 522 4336, Sumi Patel (714) 366 2205

In Depth Session on 3SRB Advanced Exercises, Yog Nindra, Omkar and Other Techniques

Date: - 19th August, 2017

Time: - 09:00am to 11:00am

Location: - Vishwamitra Hall, Gayatri Chetna Center, 2446 Orange Ave. Anaheim, CA 92804

Aug 26th to Sept 04th - Northern California - San Jose

Day	Date	Time
Saturday	26-Aug	04:00 to 06:00 pm
Sunday	27-Aug	03:30 to 05:30 pm
Monday	28-Aug	07:00 to 09:00 pm
Tuesday	29-Aug	07:00 to 09:00 pm
Wednesday	30-Aug	07:00 to 09:00 pm
Friday	01-Sep	07:00 to 09:00 pm

Location: - BAYVP on 25 Corning Ave, Milpitas, California 95035

Contact: - Madhu & Gaman Shah - (408) 306 8040

In Depth on 3SRB Advanced Exercises, Yog Nindra, Omkar and Other Techniques

Date: - Sat. Aug. 26th & Sun. Aug. 27th, 2017

Time: - 10:00am to 12:30pm

Location: - BAYVP on 25 Corning Ave, Milpitas, California 95035

NOTE: If there is any interest to arrange a session for Sri. Rajen Vakil in Northern California - please contact Vijay Shah @ 408-496-6098 - Vijay.shah@v2solutions.com

Sept 08th to Sept 10th - Chicago

Day	Date	Time
Friday	08-Sep	06:00 to 7:30 pm
Saturday	09-Sep	06:00 to 7:30 pm
Sunday	10-Sep	09:00 to 10:00 am

Location: - 828 Heatherfield Cir, Naperville, IL 60565

Contact: - Rutvij Desai - (630) 303 2220

Sept 11th to Sept 17th - Maryland

Day	Date	Time
Monday	11-Sep	TBD
Tuesday	12-Sep	TBD
Wednesday	13-Sep	TBD

day	Sep	
Thursday	14-Sep	TBD
Friday	15-Sep	TBD
Saturday	16-Sep	TBD
Sunday	17-Sep	TBD

Location: - 12449 Foreman Blvd, Clarksburg, MD 20871

Contact: - Rajan Sharma - (240) 632 0908

Sept 19th to Sept 29th - New Jersey

Day	Date	Time
Tuesday	19-Sep	08:00 to 09:30 pm
Wednesday	20-Sep	08:00 to 09:30 pm
Thursday	21-Sep	08:00 to 09:30 pm
Friday	22-Sep	08:00 to 09:30 pm
Saturday	23-Sep	01:00 to 05:00 pm
Sunday	24-Sep	02:00 to 04:00 pm
Monday	25-Sep	08:00 to 09:30 pm
Tuesday	26-Sep	08:00 to 09:30 pm
Wednesday	27-Sep	08:00 to 09:30 pm
Thursday	28-Sep	08:00 to 09:30 pm
Friday	29-Sep	08:00 to 09:30 pm

Location: - Jain Derasar, 111 Cedar Grove Ln, Somerset, New Jersey

Contact: - Mayank Mehta - (860) 268 6449, Nitin Shah - (973) 714 0006, Shilpa Shah - (973) 476 4466, Purvi - (860) 803 5245

For any other questions or scheduling requests, please contact:

East Coast

- o Mayank Mehta - (860) 268 6449 or (732) 965 5222 - mayank111@hotmail.com
- o Purvi Kansagra - (860) 803 5245 - purvisonal@gmail.com

West Coast

- o Madhu Shah - (408) 306 8040 - mshah@newmanzil.com
- o Vijay Shah - (408) 496 6098 - vijay.shah@v2solutions.com

About Refining Exercises

3SRB teaches us how to breathe in the same way as when we were born. **Our life is breath.** All causes of health and emotional issues are related to the amount of Oxygen we send to our body and in what Rhythm. When a child is born, he breathes 36 times per minute. As adults, our normal rhythm of breathing should be 12 times per minute, but most of us breathe much faster because it is affected by emotions and our actions.

To simply explain:

- When someone makes us angry and we become upset, what happens? Our breathing changes because we react to the other person's action.
- Once we become happy again, our breathing changes as a result of reaction.
- We cannot control the actions of others. BUT we *can* try to control our reactions.
- If we keep our reactions in Balance, then the action will automatically diffuse itself.
- This is the fundamental idea behind this unique method of Rhythmic Breathing.

The 6 simple exercises in 6 minutes a day which the 3SRB exercise teaches us helps bring our breathing back into Rhythm as God created us, which frees us from reacting and solves many health-related problems.

About Sri. Rajen Vakil

Sri. Rajen Vakil is an arts graduate from the Bombay University. He came in contact with spirituality at an early age and has studied under enlightened beings such as Osho, Swami Brahmavedantji, Swami Ram Dulare Babu, Didi Vimala Thakar and finally found his spiritual journey leading him to Sri. Tavaraiji.

As a part of his journey, he has in his own right, like Sri. Tavaraiji, mastered many sciences, such as Yoga, the readings of Gurdjieff, and has acquired a deep understanding of the Bhagavada Geeta as well. He emphasized that the essence of life and his teachings were in correct breathing - the term 3 Step Rhythmic Breathing. He also introduced a simple breathing exercise routine in the form of 'Refining Exercises' - the purpose of which was to refine the body-brain system and upgrade awareness.

He has written & spoken on several topics, such as: The Purpose of Birth and Death, Event in Life: Cause & Effect, Self-Observation, the expositions of Yoga Sutra, Theories and Practices for upgrading Self Awareness, The laws of the Pendulum.

Sri. Rajen Vakil has a beautiful family, a son who works in Mumbai and a daughter in college in Baroda. Sri. Vakil is a world-renowned author, lecturer, and spiritual guide. He travels internationally to share his knowledge and breathing techniques with the world and in this entire journey for the past 20 years there has absolutely been no commercial interest. His biggest gift has been in seeing the wonderful changes in people's lives.