

ChaatMasala

Your guide to local events and news. Please send an email to info@citymasala.com and have your next event listed in our ChaatMasala column. Placement is not guaranteed due to space and time constraints.



**CHEHAL
PEHAL**

HSCF NEW AGE GROUP

*of the Seniors
for the Seniors and
by the Seniors*

HSCF NEW AGE GROUP CORDIALLY INVITES YOU, YOUR FAMILY AND FRIENDS TO JOIN US FOR GRAND YEAR-END PARTY

When : 6 DECEMBER, 2009

Where : HSCF Community Hall, 1994 Lake Drive, Casselberry, FL-32707 Time: 1.30pm SHARP to 5.00pm

Highlights of the Program : Seminar by OFFICIALS FROM SHERIFF'S OFFICE RE SENIORS' SAFETY. This will be followed by free games with very attractive prizes + a grand TEA PARTY.

Normal cover charge of US\$5.00 per person applies. Entry by prior reservations only.

Isha Yoga - Inner Engineering program

Where: MOSI, 4801 E. Fowler Avenue - Tampa, Florida 33617

When: Dec 9-15, 2009 Timings: Weekdays: 7pm - 10pm, Sat: 2:30pm - 5:30pm, Sun: 8am - 5pm

Call 813-41-1661 or tampa@ishafoundation.org or www.ishayoga.org

Note: There is a Free Introductory Talk about the program on Dec 9 at 7 pm

The Art of Living Basic Course

Stress Relief, Deep Relaxation, Mental Clarity and Improved Health

Dec 8-12, 2009 Time: Weekdays: 6.30pm - 9.00pm, Weekends: 10.00am - 3:00pm

Contact - 904-371-4972 for more information email: jacksonville@us.artofliving.com

Register online at secure.artofliving.com
Art of Living Foundation

Family Medical Mission in India

December 25, 2009 - January 2nd 2010

We welcome donations from doctors and hospitals of used working medical equipment X-ray, EKG & anesthesia machines, operating room & surgical supplies. for more info on Medical Missions please call

Dr. Bhalani at (321) 298-5531 • Email: kbhalani@hotmail.com,

Mukund/Hina Bhalani - (813) 963-3076 • Email: mrbbhalani@hotmail.com

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