

Subject: Rajen Vakil USA Schedule Aug 30th to Oct

Hi

It is my pleasure to update you on Rajen Vakil' s programs for USA.

Aug 30th to September 2nd – Chicago

TOPIC: The Essence and Mystery of the Gayatri Mantra and the Practice of Gayatri Mantra synchronized with the 3 Step Rhythmic Breathing.

Day	Date	Time
Friday	31- Aug	6:00 to 7:30 pm
Saturday	1-Sept	6:00 to 7:30 pm
Sunday	2-Sept	9:00 to 10:00 am

Location: - 828 Heatherfield Cir, Naperville, IL 60565

Contact: - Rutvij Desai – rutvij30@gmail.com or (630) 303 2220

Sept 8th to Sept 16th – Northern California – San Jose

TOPIC: Journey of the Soul from Bondage to Freedom

Day	Date	Time
Saturday	08-Sept	04:00 to 06:00 pm
Sunday	09-Sept	03:30 to 05:30 pm
Monday	10-Sept	07:00 to 09:00 pm
Tuesday	11-Sept	07:00 to 09:00 pm
Wednesday	12-Sept	07:00 to 09:00 pm
Thursday	13-Sept	07:00 to 09:00 pm
Friday	14-Sept	07:00 to 09:00 pm

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

Contact: - Madhu Shah – (408) 306 8040

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

Due to the large volume of request we want to ensure we have sufficient space and we can all take advantage of Rajen's presence with us. **Please register at the below link for the days you will be attending the Exercise Sessions.**

PLEASE REGISTER as space is limited @ <https://goo.gl/forms/VBszaUs8um2qEDR72>

Day	Date	Time
Saturday	08-Sept	10:00am to 12:330 pm
Sunday	09-Sept	10:00am to 12:330 pm
Saturday	15-Sept	10:00am to 12:330 pm
Sunday	16-Sept	10:00am to 12:330 pm

Date: - Sat. Sept 8th & Sun. Sept 9th, 2018 and Sat. Sept 15th & Sun. Sept 16th, 2018

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

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

Contact: - Madhu Shah – (408) 306 8040

NOTE: If there is any interest to arrange a session for Rajen Vakil in Northern California - please contact Vijay Shah @ 408-981-3075– Vijay.shah@v2solutions.com

Sept 28th, 29th and 30th – South Carolina

Day	Date	Time	Topic
Friday	28-Sept	8:00pm to 9:30pm	Refining Exercises
Saturday-Morning	29-Sept	8:30am to 11:00am	Refining Exercises; Omkar
Saturday-Evening	29-Sept	7:30pm to 9:00 pm	Gayatri Mantra; 3SRB
Sunday-Morning	30-Sept	8:30am to 10:30 am	Breathing exercises; Gayatri Mantra; Questions
Sunday-Morning	30-Sept	10:45am to 11:45 am	Session for Balvihar and youth

Location: Vedic Center of Greenville - 520 Bethel Drive, Mauldin, SC 29662

Contact:

- Ajay Mehta, email: amehtasan@yahoo.com; cell phone: 864-918-2970.
- Avni J Patel, email: avnijaypatel@gmail.com; cell phone: 732-668-9258.

October 5th, 6th and 7th – Virginia

Day	Date	Time	Topic
Friday	5-Oct	6:00pm to 8:00pm	3 Step Rhythmic Breathing demo and practice, Q&A Combined session (Basic and Advanced)
Saturday-Morning	6-Oct	6:30am to 8:30am	3SRB and the Refining Exercises (Basic)
Saturday-Evening	6-Oct	2:00pm to 3:00pm 5:00pm to 7:00pm	Theory Class, Q&A 3SRB and Phase Exercises, Gold Nugget (Advanced)
Sunday-Morning	7-Oct	6:30am to 8:30am	3SRB and the Refining Exercises (Basic)
Sunday-Morning	7-Oct	2:00pm to 3:00pm 4:00pm to 6:00pm	Theory Class, Q&A 3SRB and Phase Exercises, Gold Nugget (Advanced)

Location: Happiness Yoga, 9261, Plaskett Lane, Lorton, VA 22079.

Contact:

- Register – <https://www.happinesyoga.net/3srb>
- Shaishav Shah – 202-422-7762, happinesyog@gmail.com
- Jay Kalathil: 571-331-2011

Oct 8th to Oct 14th – Maryland

Day	Date	Time
Monday	08-Oct	TBD
Tuesday	09-Oct	TBD
Wednesday	10-Oct	TBD
Thursday	11-Oct	TBD
Friday	12-Oct	TBD
Saturday	13-Oct	TBD
Sunday	14-Oct	TBD

Location: - 12449 Foreman Blvd, Clarksburg, MD 20871

Contact: - Rajan Sharma – (240) 632 0908

Oct 16th to Oct 28th – New Jersey

Day	Date	Time
Monday	16-Oct	8:00pm to 9:30pm
Tuesday	16-Oct	8:00pm to 9:30pm
Wednesday	17-Oct	8:00pm to 9:30pm
Thursday	18-Oct	8:00pm to 9:30pm
Friday	19-Oct	8:00pm to 9:30pm
Saturday	20-Oct	2:00pm to 5:30pm
Sunday	21-Oct	2:00pm to 4:00pm
Monday	22-Oct	8:00pm to 9:30pm
Tuesday	23-Oct	8:00pm to 9:30pm
Wednesday	24-Oct	8:00pm to 9:30pm
Thursday	25-Oct	8:00pm to 9:30pm
Friday	26-Oct	8:00pm to 9:30pm
Saturday	27-Oct	2:00pm to 5:30pm
Sunday	28-Oct	2:00pm to 4:00pm

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 request please contact:

East Coast

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

West Coast

- Madhu Shah – (408) 306 8040 – mshah@newmanzil.com
- Vijay Shah – (408) 981-3075 – vijay.shah@v2solutions.com

Below is a little more information about Rajen Vakil. Also, visit us at www.3stepbreath.com or www.3srb.org

Regards

Vijay

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 Rajen Vakil

Mr. 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 Bapu, 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.

Mr. Rajen Vakil has a beautiful family, a son who recently graduate college and a daughter in the 9th grade. Mr. 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.