





JAIN VISHWA BHARATI ORLANDO

7819 Lillwill Ave, Orlando, FL 32809

Transform Your Self Preksha Meditation & Yoga - Family Camp Fri Jan 18th – Sun Jan 20th 2013

JVB Orlando invites you and your family to this 3 day camp.

The 3-day camp covers practical step by step instructions on Preksha Meditation technique including Mahaprana Dhvani, Kayotsarg, Internal trip, Anu Preksha, and Color Therapy. There will be parallel sessions for children.

The camp shall be conducted by Samani Bhavit Pragyaji, Samani Chaitanya Pragyaji, Samani Sangh Pragyaji and Samani Unnat Pragyaji, the disciples of Acharya Mahashraman.

Venue:	Orlando Metropolitan Resort (Econo Lodge) - 8444 Austrian Court, Orlando, FL 32819. (407) 581-2000
Registration Fees:	\$275 per family. The fees cover program participation, accommodation and meals. Max 4 person per room.

Camp Registration Form

Yes, I would like to attend the 17th Annual Spiritual Camp of Jain Vishwa Bharati USA.

Name	Age	M/F

ADDRESS:

Street Address Apt.No Home Phone Cell Phone
City State Zip Email

Enclosed find the check \$_____ with check #_____.

Please mail/deliver form with the check to JVB Orlando at the above address.

Signature _____ Date _____



JAIN VISHWA BHARATI ORLANDO

7819 Lillwill Ave, Orlando, FL 32809

Transform Your Self - Preksha Meditation

Do we know ourselves?

Faced with a world in constant flux, we can control neither our surroundings nor ourselves. We may be calm and quiet in the morning, and as hot as the scorching sun at noon. With our thoughts and emotions in turmoil, how can we be fully in control?

Man's many facets are intrinsic to him. As the mind fluctuates, the internal and external worlds too change, constantly creating new selves. So, are we one person or many? And which is our true self?

Acharya Mahapragya spent a lifetime trying to understand human nature. Under the guidance of Samanijis at the upcoming camp, we have the opportunity to identify emotional fluctuations and negative energies within ourselves. Learn how to enhance our self-awareness and meditate, thus getting rid of our anxieties, fears and negativity.

The eventual purpose is to develop the latent spirituality in each one of us, and, in that journey, to find our potential for inner peace and higher consciousness. .

The camp will cover following topics

- ❖ Know Thy Self
- ❖ Transforming your Personality
- ❖ Transform your attitude
- ❖ Contemplation
- ❖ Secret of Aura
- ❖ Transform your Self

For more information about Preksha Meditation please visit – <http://www.preksha.com/>



- facebook.com/PrekshaMeditation

For More Information about JVB Camp or JVB Orlando, Please Call:

Jain Vishwa Bharati: (407) 852-8694
Vijay Lunawat (407) 851-4525
Ashok Shah (407) 438-5297

Devang Chitalia (352) 394-2625
Kishore Tolia (407) 227-6742

Email: jvborlando@yahoo.com

Web: <http://www.jainvishwabharati.org>



JAIN VISHWA BHARATI ORLANDO

7819 Lillwill Ave, Orlando, FL 32809

JVB OrlandoCenter

JVB Center has blessings from Acharya Shree Mahashramanji. JVB Orlando Center has continuous presence of Adarniya Samanijis. This year center has guidance of Adarniya Samani Bhavit Pragyaji and Samani Sangh Pragyaji.

Our Mission

- *To teach Jain studies and human life science enhancement activities to all Jains here in America where most of us look for a spiritual uplift and think about Jainism for our coming generations.*
- *To cultivate an atmosphere that nurtures non-violence (ahimsa), restraint (saiyam) and multiple views (anekantvaad) and thereby leads to spiritual enlightenment for human kind.*

Our Activities

- *Jain studies amongst all communities guided by Samanijis.*
- *Organize seminars, training programs, workshops, and camp on Preksha Meditation, Yoga, nonviolence, and Anuvrat*
- *Conduct Gyanshala for young Jains about Jain religion, human values and Indian Culture*
- *Swadhyay. It is a powerful means to increase knowledge. According to Jain Philosophy it is one type of penance among twelve types of Nirjara.*

Topics of Discussion

- *Uttaradhyan Sutra*
- *Meaning of Slokas*
- *Meditation*

Activity Schedules

- ❖ *Swadhyay: Bimonthly (2nd and 4th Sunday) from 2:30 PM to 4:30 PM*
- ❖ *Gyanshala: : Bimonthly (2nd and 4th Sunday) from 2:30 PM to 4:30 PM*
 - *Jainsim*
 - *Sutras*
 - *Indian Culture and Jainism in day to day life in America*
- ❖ *Bhaktamar and Meditation every Saturday from 7:30 am to 9:00 am*
- ❖ *Advance Swadhyay every Wednesday from 8:00 pm – 9:00 pm*



JAIN VISHWA BHARATI ORLANDO

7819 Lillwill Ave, Orlando, FL 32809

17th Annual Family Camp Schedule

Friday January 18th 2013

❖ Registration/Dinner/Opening Ceremony/Pravachan.....6:00 PM to 10:00 PM

Saturday January 19th 2013

❖ Bhaktamar, Yoga/Pranayam, Breakfast/Pravchans.....6:15 AM to 11:55 PM

❖ Lunch/Rest.....12:00 PM to 1:25 PM

❖ Afternoon Sessions.....1:30 PM to 4:50 PM

❖ Dinner/Gaman Yoga.....5:00 PM to 6:45 PM

❖ Cultural/Spiritual Program.....7:00 PM to 10:00 PM

Sunday January 20th 2013

❖ Bhaktamar, Yoga/Pranayam, Breakfast/Pravchans.....6:15 AM to 11:25 AM

❖ Closing Ceremony.....11:30 AM to 12:25 PM

❖ Lunch.....12:30 PM