



SRI SIVA VISHNU TEMPLE

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<https://www.facebook.com/ssvtTempleDC/>

https://www.youtube.com/channel/UCSeIAw9_DCLIM4TY8yAwAew



Sri Gurubhyo namaH

Sri VaidyanaaThaaya namaH

Sri Dhanvantaraye namaH

Community Spiritual Resources for help during COVID-19 Pandemic

Sri Siva Vishnu Temple (SSVT) is collecting various community-based resources aimed to help the devotees during the COVID-19 Pandemic. SSVT is **not** directly associated with the resources provided by the Partner Organizations, or the entities behind them. They are offered as Community resources that can help during this difficult time. If you have spiritual resources you would like to share, please contact Manju Shivacharan at manju.shivacharan@gmail.com.

Satsangs, Bhajans and Stotra Chanting:

SSVT Priests chant Sri Vaidyanatha Stotra and Sri Dhanvantari Mantra in the evenings. Please follow them along on Facebook Live.

SSVT has published Stotra book on Sri Vaidyanatha stotra and Sri Dhanvantari Mantra. It is available on the Website

(<https://ssvt.org/PrayerBook/SriVaidhnyanaThaAshtakaandSriDhanvanthriStotra.pdf>) . SSVT Acharyas have also recorded the stotra in call and response format. Video is available on the Website (<https://www.facebook.com/watch/?v=506706346936366>). Devotees can use this for daily parayana in these difficult times.

Ananth's Veda Group (AVG):

Ananth's Veda Group is conducting Stotra parayanams for Loka Kalyana on Fridays at 7 PM.

Agenda: **Durga Parameswari Stotram** (2 times), **Dhanvantari Mantra** (18 times), **Sharada Bhujangam**, and **Lalitha Sahsrnanam**

TELCON number: 218-548-3620, Passcode: 8332#

For More details: 571-376-5883, ubranivj@hotmail.com

Updated: 6/15/2020

DC Ramana Devotees Group:

Washington DC metro devotees plan to conduct recurring Satsang starting April 4th 2020 every Sat from 6 to 7.30 PM until the COVID situation gets better.

Join Zoom Meeting thru mute option:

<https://us04web.zoom.us/j/526585073?pwd=VkFmU2FPckFsbHBYREhwZ2Y4cUtJQT09>

Meeting ID: 526 585 073

For more information email SriRamanaDC@gmail.com

Purusha Sukta PaaTha by Sri Jayakrishna Nelamangala

Classes will be every Monday, Wednesday and Friday. 7 - 8 PM EST.

Taught by Shri Jayakrishna Nelamangala. Please contact him at jay.nelamangala@gmail.com

Conf: 712-770-5569

Participant Access Code: 968051#

We are going to study a work called purusha sookta vyaakhyaanam by Sri raaghavendra tiirtharu.

Stress Management with Yoga, Wellness and Meditation:

Yoga & Meditation Community classes by SSVT teachers:

Mr. Atanasio Castro (athanasiusk@gmail.com)

1) Dynamic Yoga at 6:00 am

<https://us04web.zoom.us/meeting/459673036>

2) Hatha Yoga at 12:00 pm

<https://us04web.zoom.us/meeting/936476032>

3) Meditation with 108 names of God (Sanskrit Mantra) at 7:00 pm

<https://us04web.zoom.us/meeting/660681123>

SSVT Yoga Teacher and Life In Yoga Foundation:

Sri Rajan Narayanan

DAILY ONLINE YOGA (Flyer attached at the end)

This is designed as a gentle yoga session with a lot of breathing exercises, and will be led by Dr. Rajan Narayanan. We will begin seated in a chair and will adapt based on audience participation.

https://us02web.zoom.us/webinar/register/WN_pbN6r0mBSRuN-iYHYiGe6Q

Please email any questions to: narayanan.us@lifeinyoga.org

YOGIC WAYS TO DEAL WITH CORONAVIRUS ANXIETY

Updated: 6/15/2020

Three exercises are explained in a 3 minute video at <https://youtu.be/VOjAlvhoULo>.

- The first is a mudra that instantly stops a panic attack.
- The second is walking meditation that activates a parasympathetic tone.
- The third stimulates immune response to any symptom in the respiratory tract.

Mr. Shrikant Sabnis (shri.sabnis@gmail.com)

| Day | Time | Classtype | Link | MeetingID | Phone |
|-----------|----------------------|------------------|---|-------------|--------------|
| Monday | 6:45 pm to 8:30 pm | 3SRB + Regular | https://zoom.us/j/277801044 | 277 801 044 | +16465588656 |
| Tuesday | 7:00 pm to 8:30 pm | Regular | https://zoom.us/j/191778918 | 191 778 918 | +16465588656 |
| Wednesday | 10:00 am to 11:30 am | Regular | https://zoom.us/j/682592407 | 682 592 407 | +16465588656 |
| Thursday | 7:00 pm to 8:30 pm | Regular | https://zoom.us/j/460276680 | 460 276 680 | +16465588656 |
| Friday | | | | | |
| Saturday | 6:30 am to 7:15 am | Meditation | https://zoom.us/j/112971007 | 112 971 007 | +16465588656 |
| Saturday | 9:00 am to 10:30 am | Regular | https://zoom.us/j/497612152 | 497 612 152 | +16465588656 |
| Sunday | 6:30 am to 8:00 am | Regular | https://zoom.us/j/142243504 | 142 243 504 | +16465588656 |
| Sunday | 8:30 am to 10:00 am | Regular | https://zoom.us/j/866669885 | 866 669 885 | +16465588656 |
| Sunday | 10:05am to 10:35 am | 3 SRB - Breathin | https://zoom.us/j/866669885 | 866 669 885 | +16465588656 |
| Sunday | 10:40 am to 12:10 pm | Regular | https://zoom.us/j/866669885 | 866 669 885 | +16465588656 |

Here are useful resources from Partner Organizations:

Art of Living Foundation:

Following online Programs are offered to help with Anxiety and Stress Management. Please contact Madhu Kadari mkadari@gmail.com for details:

Daily Guided Meditations

1. Meditations with Gurudev Sri Sri Ravi Shankar Daily @ 10am - 10:30 am ET

<https://www.youtube.com/srisri>

<https://facebook.com/srisriravishankar>

2. Meditations with Art of Living DMV teachers Mon - Friday @ 12 noon - 12:30pm ET

tiny.cc/NoonMeditation

3. Meditations with Art of Living National teachers Daily @ 6 pm - 6:30 pm ET

<https://www.facebook.com/ArtofLivingUSA>

Sri Sri Yoga Daily @ 11am - 11:20am ET

facebook.com/TheSriSriYoga/

Heartfulness Institute :

Heartfulness Institute offers the following online programs for managing stress and anxiety and to maintain high consciousness of love and courage during this time. Please contact Vasu Murthy (vasu_murthy@yahoo.com) for details.

1. Meditations with Global Guide of Heartfulness- Kamlesh Patel/Daaji- Daily at 9:30 PM
2. FREE video classes on strengthening our consciousness offered freely by Heartfulness Institute. It is a great tool kit for one and all. [Meditation and the Evolution of Consciousness with Daaji](#)
3. Master classes on video at Heartfulness Meditation Channel:
<https://www.youtube.com/channel/UCoG2o8WtvYh8sCS40pUFtCg>
4. Free Webinars on different Yoga and wellness topics: <https://heartfulness.org/webinar/>
5. Daily Guided Relaxation and Meditations at 6 AM, 12 Noon, 6 PM, 7 PM ET. Please join at www.tinyurl.com/rvarelaxes, One touch dial in: 14084189388,,793187686#
6. Fear Detox, Immunity Builder and Stress Management with Heartfulness Meditation: Thursday and Sunday at 7 PM (online Zoom meeting at:
<https://us02web.zoom.us/j/704504799?pwd=cWI3VG5kckJoampPbDBXUU5jMURCQT09>

Meeting ID: 704 504 799; Password: 1008

Detailed Blog at: <https://yogameditationwellness.wordpress.com>.

Isha Foundation:

Isha foundation offers these online services. Please contact Sundar Nadarajan at sundar.ishausa@gmail.com

<https://www.innerengineering.com/free-yoga-and-meditation-sadhana>

Sri Vivenkananda Yoga Anusandhana Samsthana (S-VYASA)

Breathing Practices:

This page contains videos on breathing practices and stress reduction exercises

<http://www.svyasa.org>



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