

Unlock Your Brain's Potential: Brain Gym Essentials (8-13 years) (11:00-11:55AM)

Explore the functions and anatomy of the brain, understanding the difference between the logical and analytical brain. Learn exercises to activate hidden brain potential, including hand and leg movements, storytelling for memory enhancement, and techniques to boost focus. Discover the Reticular Activating System (RAS), energy centers in the body, and engage in fun brain games to sharpen presence of mind.

Requirement/Prerequisites: None

Hindu Dharma Foundations - kids (5 - 15) (11:00-11:55AM)

Hindu Religion foundation is a primer for Vidya Vikas classes. It focuses on various aspects of Hindu religion including various deities, prayers, and sages. Basics on topics we plan to cover: Hindu Prayers – shlokas, Definition of Sanātana Dharma (Hinduism), Hindu Scriptures and types, Introduction to Bhagwan

Requirement/Prerequisites: None

Parenting as Hindu(18 & Up) (11:00-11:55AM)

This course looks at what it means to raise a Hindu family, away from the Mother Land. What tools, techniques and ideas we must implement to make this experience enjoyable, and stress free. We will also look into the Dharma of a Parent, what goes beyond the usual duties and responsibilities.

Requirement/Prerequisites: Curiosity and willingness to learn

Havan/Homam - Learn to Perform (18+ yrs) (11:00-11:55AM)

We will teach chanting mantras and steps to do actual Havan in Yaganshala. Target is to teach an individual to perform Havan independently.

Requirement/Prerequisites: None

Ladies - Indian Fusion Dance (18 & Up) (11:00-11:55AM)

Ladies/Moms please join our VV ladies summer dance class to enjoy and learn some good Bollywood dance numbers that will lighten up your smile and boost your energy.

Requirement/Prerequisites: Water bottle