

|| OM || HATS Announcements for February 23, 2025

Class Timings and Schedule	
Timings	<ul style="list-style-type: none"> ● Assembly: 10.00am (EVERYONE must join) ● DHARMA Classes: 10.25 to 11.25 (Regular Class) ● LANGUAGE Classes: 11.30 to 12.30 (Regular Class)
Upcoming Schedule	<ul style="list-style-type: none"> ● February 23 – Regular classes (Shivaratri Presentation) ● March 2 – Regular classes (Essentials: Numbers) ● March 9 – Regular classes (Essentials: Symbols) (Daylight saving begins) ● March 16 – Regular classes (Holi Presentation)
Important Announcements	
Youth & Family Spiritual Meditation Camp	<ul style="list-style-type: none"> ● Discover Inner Peace Together! Join our Youth & Family Spiritual Meditation Camp designed for children, parents, and adults. ● Through fun concentration exercises, interactive games, and engaging demos, learn meditation techniques that boost focus, reduce stress, and promote a healthier, balanced life. With tailored sessions for young children, teens, and adults, everyone can find their zone—whether you're a family or an individual seeking mindfulness. ● Don't miss this unique opportunity to grow, bond, and thrive! Please register at www.sosmn.org
Kala Manjari (Performing Art Competition)	<ul style="list-style-type: none"> ● Suggested Categories: Solo Singing, Solo Dancing, Hanuman Chalisa recitation, Any Ram Bhajan & Ram stuti. (No bollywood songs) ● Suggested Age groups: 5-10 years, 10-15 years, 15-20 years, 20 - 25 years ● Entries are due by Sun, March 16, 2025 ● Flyer attached for more details
HSMN Events	
Adult Pravachan	<ul style="list-style-type: none"> ● Discourse by – Dr Shashikant Sane ● Sunday February 23, 2025, 10:30 am on Zoom ● Topic: "Select verses from Gita" ● Join Zoom Meeting https://us02web.zoom.us/j/89250502405?pwd=V3pZQmNzWS9COC9VanppOWF1NmRtdz09 ● Video of previous discourse available at YouTube channel - 'Discourse on Hinduism'. https://www.youtube.com/channel/UC
Yoga	<ul style="list-style-type: none"> ● In person Yoga is being conducted 4 times a week at Hindu Mandir. Yoga Studio is inside Gundicha Mandir which is free standing building between staff quarters and Main Mandir. ● Tuesdays & Thursday 7 pm – 8 pm, Saturday 8:00 am – 9:30 am , Sunday 8:00 am – 9:00 am ● Email for Yoga questions - Laurie Karnes- Laurie@propertytaxappealsmn.com. ● Zoom Yoga with Venkat: Saturday 8:00 am https://us05web.zoom.us/j/2196676653?pwd=MU8vWjNiWmNnb3A4Y1BXRXFMQWt3dz09
Key Links	

Key HATS Links
(Please
bookmark/save)

- HATS Website: <https://sites.google.com/site/hatshsmn/>
- HATS Calendar: <https://tinyurl.com/hatscalendar202425>
- HATS Prayer Booklet: <https://sites.google.com/site/hatshsmn/textbooks>
- Announcements: <https://sites.google.com/site/hatshsmn/weekly-announcements>