

|| OM || HATS Announcements for April 5, 2026

HATS Class Timings and Schedule	
Timings	● Assembly: 10.00 am (EVERYONE must join) ● DHARMA Classes: 10.25am to 11.25am ● LANGUAGE Classes: 11.30am to 12.30pm
Upcoming Schedule	● April 5 – Regular Classes (Hanuman Jayanti presentation) ● April 12 – Regular Classes ● April 19 – Virtual Classes ● April 26 – Regular Classes
HSMN Events & Announcements	
Adult Meditation	● Title: Life of Hanuman: Lessons of Courage, Service & Unbroken Devotion <i>“Discover the ‘Gold Standard’ of devotion</i> ● Explore the mystical bond between Lord Rama and Hanuman—a relationship that serves as a roadmap for our own inner journey ● Where – Small storage room ● When – 5th April, 10.30 am – 11.30 am
Ayurveda workshop	● In partnership with Hindu University of America, HSMN is excited to present a two-part Ayurveda ● Workshops on April 26th and May 3rd. ● Learn practical ways to improve your wellbeing and gain insight into your unique mind–body constitution (Prakriti). ● Sessions will take place in HATS auditorium during dharma class time - highly recommend all HATS parents stay back after assembly and attend. ● Registration required. Open to all- sign up today: https://www.hua.edu/workshop/hsmn-ayurveda ● Please feel free to share with friends and family who may be interested. ● See attached flyer for more details!
Family Meditation Camp	● Discover Inner Peace Together! Join our Youth & Family Spiritual Meditation Camp designed for children, parents, and adults alike. ● 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— as a family or an individual seeking mindfulness. ● Don't miss this unique opportunity to grow, bond, and thrive! Register soon- ○ Your children parents at https://forms.gle/EfDhbnDcXYouTi5R7 ○ Adult only registration at: https://forms.gle/Q5cixuLsyDxVbyQn8 ● When – April 11th, 9 am – 4 pm

	• See attached flyer for more details
International Yoga Day Celebration <i>(organized by HSMN's Outreach Team)</i>	• When: June 20th Time: 7:00 – 9:00 AM • Program: Yoga session followed by meditation • Food: Light refreshments will be provided after session for participants • Register here: https://www.hindutemplemn.org/event-details/hsmn-international-yoga-day • Questions/Concerns: outreach@hsmn.org • Note - Kindly bring your own Yoga mat • See attached flyer for more details
Adult Pravachan	• Discourse by – Dr. Shashikant Sane - o April 5th, 2025, 10:30 AM CT - Topic - "Guru" - o Join Zoom HERE - Meeting ID: 834 5405 1049 Passcode: 241505 • New video uploaded – “Gender Equity! Personal Anecdotes from a woman of today - Part 2” by Dr. Madhavi Risbud • Facebook group for ‘Gita Discourse at Hindu Temple Maple Grove MN’ - https://www.facebook.com/groups/525258540954459/ • Video of previous discourse available at YouTube channel - 'Discourse on Hinduism'. https://www.youtube.com/channel/UC
Yoga	• In person Yoga is being conducted 4 times a week at Hindu Mandir. Yoga Studio is inside Gundicha Mandir, 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 questions - Laurie Karnes- Laurie@propertytaxappealsmn.com. • Meditation on Zoom – Saturday 09:00 am to 10:00 am – People interested, email niravsheth13@gmail.com to get the online meeting link time.
Key Links	
HATS Handbook & Key Resources	• HATS Handbook - info and policies covered at orientation • HATS Guideline and Expectations - quick-references for parents, students, volunteers, classroom management • Dharma Classes Overview - high level curriculum per Dharma level
Key Links (bookmark/save)	• HATS Website: https://www.hindutemplemnhats.org/ • HATS Calendar: https://www.hindutemplemnhats.org/home#h.x83ahf7bu0vz • HATS Prayer Booklet: https://www.hindutemplemnhats.org/textbooks#h.p_ID_34 • Announcements: https://www.hindutemplemnhats.org/weekly-announcements