

## Swami Vivekananda Cultural Centre

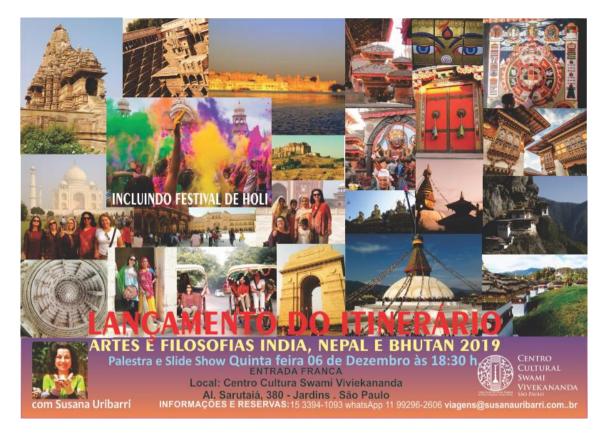
São Paulo

Photos of main activities of December 2018





Meditation session and Satsang by Yogui Jivan Vismay from Shri Vivek Yoga.



Lecture: Launch of Art and Philosophies Itinerary of India, Nepal and Bhutan by Mrs. Susana Uribarri from 'Spaço Viagens de Conhecimento'.



Workshop: Love, the source of all virtues by Mrs. Solange Viana, from Choose the Calm Program of Brahma Kumaris organization.



Lecture: Civilization sapiens; A Brief History of Stress and Meditation by the yoga teacher Mr. Marcelo Peri.



Mindfulness Workshop by Mrs. Shirlene Lopes, from Mindfulness Paulista Center.





Cooking workshop with Mrs. Suja Venugopal, consul's wife, featuring the recipes Tamarind rice and Suji Ka Halwa (Semolina pudding), tested and very much appreciated by all participants of the workshop.





Alameda Sarutaiá, 380 Jardins, São Paulo SP (11) 3149-3340 contatoicc@cgisaopaulo.in

## VIPASSANA

20 de dezembro (quinta-feira) -16h30

ANTIGA ARTE MEDITATIVA DE ORIGEM
INDIANA QUE VEM GANHANDO ADEPTOS EM TODO O
MUNDO POR SUAS PROPRIEDADES CALMANTES QUE PROPICIAM
TOMADA DE DECISÕES E PAZ INTERIOR. AS SESSÕES REGULARES
GRATUITAS SÃO ABERTAS A TODOS E CONDUZIDAS
MENSALMENTE NO CENTRO CULTURAL.

FACILITADOR: NEWTON ZIMMERMANN



Vipassana Meditation by Mr. Newton Zimmermann, from Echoes of Peace program.



Article on Yoga classes taught by TIC Sanjay Kumar at the Provisional Detention Center of Pinheiros II, São Paulo.

http://r7.com/nJiT

Besides, all our regular activities such as Yoga, Meditation, Hindi, Odissi, Bharatanatyam and Kathak classes, and Library Services are being conducted as per schedule.

Facebook of ICC Sao Paulo:

https://www.facebook.com/IndianCulturalCentreSaoPauloBrazil

Facebook of CGI Sao Paulo:

https://www.facebook.com/IndianConsulateGeneralSaoPauloBrazil/

ICC YouTube Channel:

https://www.youtube.com/channel/UCy7sB7JSnUqZqc21aFvax4A

Website of CGI and ICC Sao Paulo: www.cgisaopaulo.in