

# Friends of Yoga

**Maximum GOOD for the Maximum number of PEOPLE**

*Share this invitation with other like-minded friends on your email.*

## **Civil Services Sports Club**

*L'Hotel de Verdelin, 113 Archbishop Str, Valletta, Malta*

Third meeting 2024

**Wednesday 3rd April 2024**  
**10.00 a.m. till 11.30**

ॐ Guided Meditation: 10 min

ॐ Youtube presentation: 15 min (optional)

ॐ Topic of interest, presented by Dr. Ashok : 45 min  
Questions time : 15min

ॐ Silent meditation: 5 min

To improve the running of the meeting,  
we need to follow the time schedule as above.

**Group photo standing together.**



Sharing of experiences/discussion continues  
after 11.30 at *Eddie's Restaurant* or depending on seating available.

**Tentative date:** 4th meeting

Wednesday 8th May 2024 at 10.00 a.m.

To be confirmed one week before.

**Friends of Yoga** is a get-together 'sharing of experiences' set up spontaneously by ex-members of the Yoga Centre Tingne' established in 1983-1999. The Founder Members are Eduard, Mario, Andrew, Victor, Monica, and Charles. We share videos, books, and other useful resources on Yoga, to foster and improve our future well-being in life. We share personal experiences of meditation and yoga practices with like-minded people who are always welcome to join our sessions. **The motto** of the Friends of Yoga is: *maximum good for the maximum number of people.* Background reading and references to the book in Maltese: **Ekam Sat** pdf available to all on request from:  
Charles mob: 7982 4043 Email: [charlesjmuscat@gmail.com](mailto:charlesjmuscat@gmail.com)

**Application Form** to join the Civil Services Sports Club will be available.

Annual Membership Fee per person = €80 per annum. Pensioners = €40 per annum or pro-rata.

Payment to be made when membership is approved.

The secretary: Mr. Victor Hili mob: 9942 5287

E-mail: [civilservicesports@gmail.com](mailto:civilservicesports@gmail.com)

Facebook: Civil Service Sports Club Malta