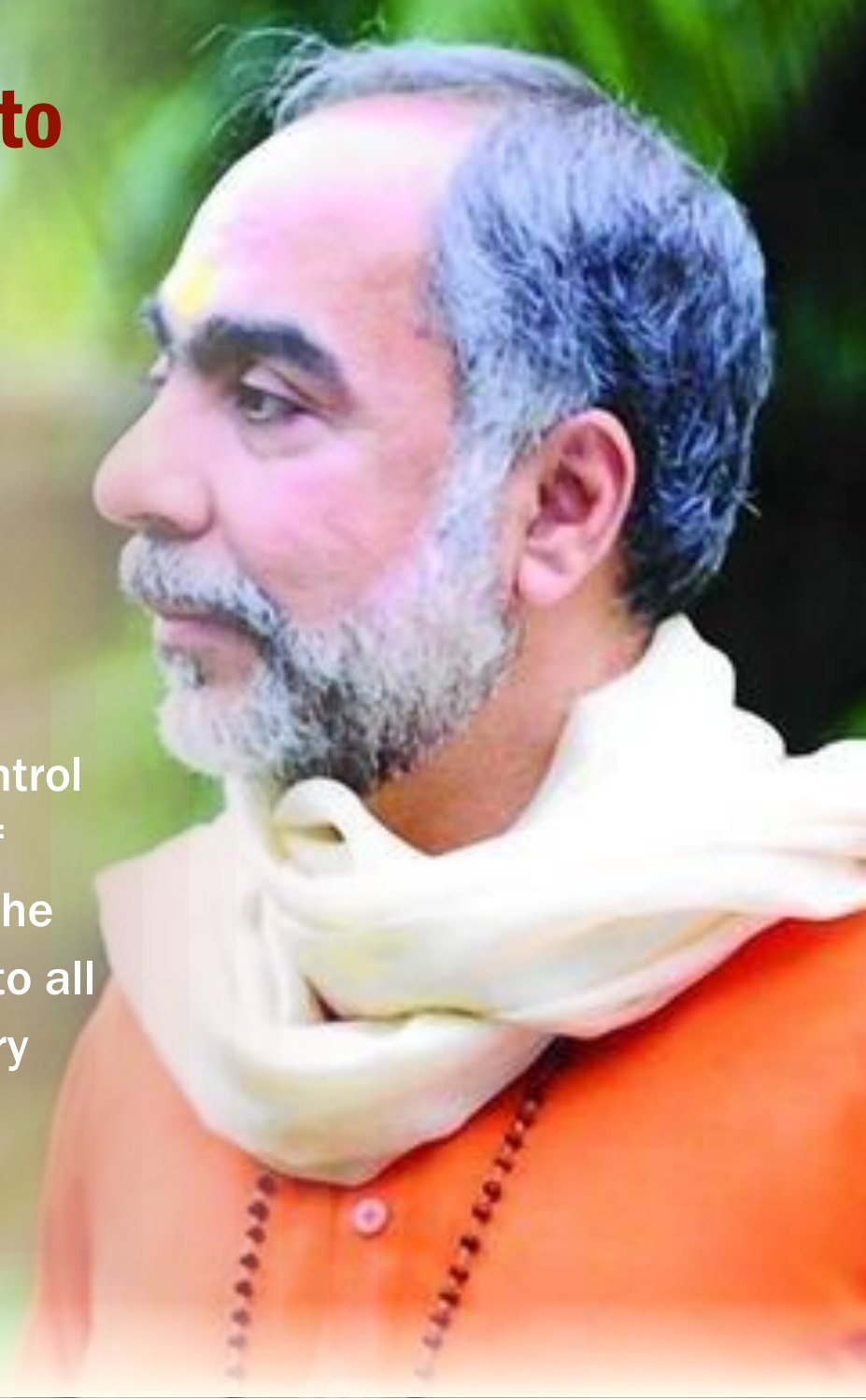


# Chinmaya Mission Sacramento presents

## Mind

### Can it be Tamed?

Are we in control of the mind, or is our mind in control of us? It is the mind that determines the quality of everything we experience. To control and nurture the mind in a productive manner is therefore the key to all personality development. However, to gain mastery over the mind we must first understand it.



## 2-day lecture series by Swami Swaroopananda

**Dates: Monday September 5<sup>th</sup> and Tuesday September 6<sup>th</sup>**

**Time: 7:30 - 9:00pm**

**Location: Chinmaya Triveni, 3231 Ramos Circle, Sacramento, CA 95827**



Swamiji is regional head of the Chinmaya Mission UK, Australia and Far East and is Director of the prestigious Chinmaya Mission International Residential School in Coimbatore, India.

**Everyone is welcome. Admission is free.**

[www.chinmaya-sacramento.org](http://www.chinmaya-sacramento.org)