

Jain Vishwa Bharati Houston, Inc.

(JVB Preksha Meditation Center)

Inspired by Gurudev Tulsi and Acharya Mahapragya

Jain Vishwa Bharati (JVB) aims to empower the individuals and the society to actually practice **Ahimsa** (nonviolence), Sanyam (moderation), and Anekant (divergent perspectives). It endeavors to create an environment of unity and harmony in society and inculcates individual transformation, which in turn leads to spiritual uplift and enlightenment.

JVB's activities includes weekly classes of Yoga & Meditation, Retreat Camps, Swadhyaya Classes, Workshops, Spiritual Counseling by Samaniji's, Gyanshala for children, and other special programs like Dipawali, Navratri & annual events.

For more information, please contact **Pramod Bengani** at 832.630.1398 or info@jvbhouston.org

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