

The Leicester Friends of the OCHS presents

The Gunas

**Anuradha Dooney of the
Oxford Centre For Hindu Studies**

In the Hindu Samkhya tradition, the three gunas, or 'threads' of sattva, rajas, and tamas weave together reality around us. They 'colour' our vision of ourselves and others, the choices we make, and how we act in the world. Through visual and interactive exercises this presentation offers a fresh opportunity for self-reflection and challenges us to take responsibility for who we are and what we become in life.

The Oxford Centre for Hindu Studies is an institute for the study of Hindu culture, religion, languages, literature, philosophy, history, arts, and society, in all periods and parts of the world.



Saturday 26th March 2011

**Jalaram Community Centre,
Narborough Road,
Leicester LE3 0LF**

7.00pm to 9.00pm

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Web: www.ochs.org.uk**



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