

COMING SOON

FIRST TIME IN JAIN HISTORY

Global Online

PARYUSHAN PARV 2026

(with Saman Shrutpragyaji & Ashish Mehta)

An 8-Day Transformational Spiritual Journey
From Your Home to Your Soul



September 8 – 15, 2026

Experience **Paryushan** in a simple, practical & powerful way

Guided by **Saman Shrutpragyaji**

🎵 With soulful music by **Ashish Mehta**
(International Singer & Composer)

What You'll Experience

- 🎵 Bhakti with Music
- 🧘 PranYog Meditation
- 🧘 Bhav Pratikraman
- 📖 Daily Discourses
- ❓ Interactive Q&A

Registration Opens: April 22, 2026
(Be ready & do on time)

Contact:

- | | |
|---|---|
|  Pinky Matalia, Austin, TX: +1 (512) 769-0609 |  Ashvin Ghelani, London, UK: +44 7519 391406 |
|  Avni Mukesh Shah, Fremont, CA: +1 (510) 449-6035 |  Sunil Jain, Tokyo, Japan: +81 90-1773-7588 |
|  Kalpana Gandhi, New York: +1 (917) 744-9138 |  Dilipbhai. +852 9490 4787 |
|  Chanchala Mehta, Memphis: +1 (901) 826-2064 |  Sanjiv Shah, +852 9230 0676 |
| |  Shreya M Doshi, +65 9235 3649 |
| |  Arti Kamani, +65 9101 2221 |

Organized by:

Peace of Mind Yogic Center, USA

In association with Austin Jain Sangh

(pomyc.org@gmail.com)



Peace of Mind