

VHS FAQ

1. I am interested in starting VHS and Chess ASAP. But the VHS schedule shows that classes start only in August. Please advise.

NO. Classes will begin on August 20.

2. Students need to learn classical Surya Namaskar

YES. New Yoga slot will be 10 to 1015 AM and we will focus on at least 3 Surya Namaskarams as the warm up activity

3. Please give info as to the amount for the class, and to whom we should write the check to. Also, please provide general info about the program.

Please pay \$125 at the e Meenakshi.org website and send us a copy of the payment receipt email for our files.

4. Are any Chess classes for absolute beginners available during the summer, or do I have to wait for commencement of the VHS class to enroll in beginners chess classes?

NO. Chess classes also start on August 20 along with VHS start date.

VHS Team