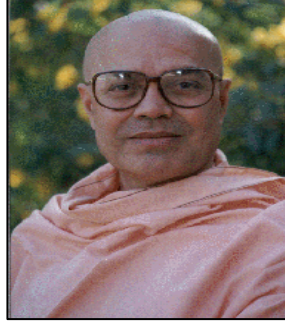


The Hindu Temple and Heritage Hall of Toledo

proudly presents

Spiritual Retreat and Yoga Workshop

Tuesday July 25th to Thursday July 27th 2017



Coming from a great lineage of Holy Master Sri Swami Sivanandaji Maharaj and a disciple of Sri Swami Chidanandaji Maharaj, **“Sri Swami Adhyatmanandaji”** will be in the Toledo area from Tuesday July 25th through Thursday July 27th, 2017. Swamiji’s Morning Yoga Sessions and evening satsangs are organized by The Hindu Temple and Heritage Hall of Toledo. His simple and powerful teaching of Yoga way of living is much appealing to people everywhere. He is a tireless karma yogi, who utilizes every second of his day in rendering the highest service to Mankind. He has conducted over 700 Yoga, Pranayam & Meditation camps all over the globe. Swamiji has inspired thousands of his devotees to donate blood and He has donated blood 117 times mainly for the armed forces. Swamiji is a Spiritual head of Sivananda Ashram, Ahmedabad, Gujarat, India.

Date	Time	Event	Subject
Tuesday July 25 th , 2017	7:00 PM - 8:30 PM	Discourse 1 (English)	Nectar of Bhagwad Gita: Bhakti/Karma/Gnana Yoga
Wednesday July 26 th , 2017	7:00 AM - 8:00AM	Yoga/Pranayam and Meditation Workshop	
Wednesday July 26 th , 2017	7:00 PM – 8:30 PM	Discourse 2 (English)	Nectar of Bhagwad Gita: Bhakti/Karma/Gnana Yoga
Thursday July 27 th , 2017	7:00 AM - 8:00AM	Yoga/Pranayam and Meditation Workshop	
Thursday July 27 th , 2017	7:00 AM - 8:30PM	Discourse 3 (English)	Bridging the Generation Gap (Immigrant parents and their US born children)

For further information and for inviting Swamiji for Bhiksha please call the coordinators:

Event Coordinators: **Bindu Mistry** **419-704-1964**
 Rajesh Laungani **419-824-9771**
 Pt. Anant Dixit **419-843-4440**

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