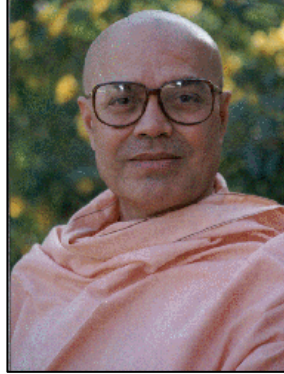


The Hindu Temple and Heritage Hall of Toledo

proudly presents

Spiritual Retreat and Yoga Workshop

Sunday, October 21st to Tuesday October 23rd, 2018



“Sri Swami Adhyatmananda” will be in the Toledo area starting Sunday October 21st through Tuesday October 23rd 2018 morning. 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 very 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 world. Swamiji has inspired thousands of his devotees to donate blood and He has donated blood 117 times mainly for the armed forces. Coming from a great lineage of Holy Master Sri Swami Sivanandaji Maharaj and a disciple of Sri Swami Chidanandaji Maharaj, Swamiji is the Spiritual leader of Sivananda Ashram, Ahmedabad, Gujarat, India.

Date	Time	Event	Subject
Sunday October 21 st 2018	7:00 PM - 8:30 PM	Discourse 1 (English)	Essence of Bhagawad Gita: Chapter 9
Monday October 22 nd 2018	7:00 AM - 8:00AM	Yoga/Pranayam and Meditation Workshop1	
	7:00 PM – 8:30PM	Discourse 2 (English)	Essence of Bhagawad Gita: Chapter 9
Tuesday October 23 rd 2018	7:00 AM - 8:00AM	Yoga/Pranayam and Meditation Workshop2	
	7:00 PM – 8:30PM	Discourse 3 (English)	Essence of Bhagawad Gita: Chapter 9

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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