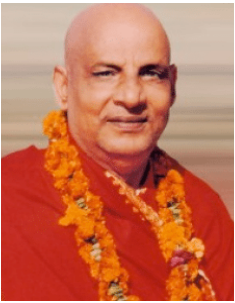


# Yoga & Wellness Retreat

LEGENDARY YOGACHARYA  
H.H. SHRI SWAMI ADHYATMANANDA JI MAHARAJ  
SIVANANDA ASHRAM (AHMEDABAD)

SEPTEMBER 21-25, 2018

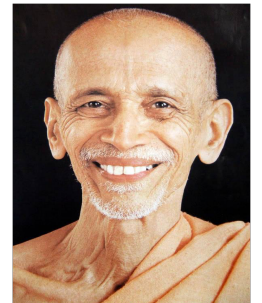
All programs are FREE of cost  
Registration required: [www.happinessyoga.net/wellness](http://www.happinessyoga.net/wellness)



Swami  
Sivananda



H.H. Shri Swami Adhyatmananda ji



Swami  
Chidananda

H.H. Shri Swami Adhyatmanandaji Maharaj is a spiritual legend who touches everyone's heart as he radiates Divinity, Peace, Love & Compassion. Making the most esoteric subjects of spirituality such as Vedanta, Upanishad, Geeta, simple through a perfect blend of humor, melodious singing and easy to understand practical guidance, Swami Ji has inspired millions of devotees in his monastic life of 45 years. He has made an enormous difference in the lives of youth by inspiring them to attain success, leave addiction and learn true values. He is the President of Sivananda Ashram, Ahmedabad as well as of Gujarat Divya Jivan Sangh. More details on [www.divyajivan.org](http://www.divyajivan.org)

- Swamiji conducted over 1000 Yoga Camps all over the world.
- Centurion Blood Donor and has also organized 230 blood donation camps
- His love for mother earth made him plant more than 10 million saplings around the globe.
- He represented India for World Peace conference at Chiapas, New Mexico in 1999.
- Universal Peace Foundation has awarded him as the "Ambassador of Peace" in 2008.
- He organized first vegetarian conference at Beijing, China in 2009.
- He is a recipient of "Life Time Achievement Award" from India Canada Cultural and Heritage Association Inc. at Winnipeg, Canada 2005,
- Institute Of Science And Technology has awarded him "Gem Of India" in August 2016.
- Hon. Governor of Gujarat Mr. Omprakash Kohli presented him the title of "Glory of Gujarat" in 2017 on behalf of Indian Council Of Social Welfare (ICSW)

## WELLNESS RETREAT PROGRAM

Date	Time	Program	Venue
Sept. 21 Friday	Morning 6:00 to 7:15	<b>Guru Swagatam</b> How to build strength, stamina & flexibility in simple & easy ways	Happiness Yoga Center
	Evening 6:00 to 7:30	<b>"IN TUNE WITH INFINITE"</b> - The diverse dimensions of Meditation	Happiness Yoga Center
Sept. 22 Saturday	Morning 7:30 - 8:45  8:45 - 9:00 9:00 -10:15	<b>"AMAZING BODY &amp; SHAT'KRIYA"</b> – Six Body Cleansing processes as per yogic scriptures. Learn & demonstration of few (time permits). Practice of asana helping body cleansing <ul style="list-style-type: none"> <li>• Light Breakfast</li> </ul> Discussion: <b>"SCIENCE &amp; SPIRITUALITY – HOW TO BRIDGE THE GAP"</b>	Happiness Yoga Center 9261 Plaskett lane, Lorton, VA 22079
	Evening 4:30 to 6:30	<b>"KRISHNA, THE ROLE MODEL FOR LEADERSHIP &amp; CRISIS MANAGEMENT"</b> - Discourse in context with <b>Bhagavad Geeta</b> (program may be in Hindi) Followed by Dinner	Sanatan Shri Swaminarayan Mandir 6202, Strathmore road, north chesterfield, VA 23234
Sept. 23 Sunday	Morning 7:30 - 8:45  8:45 - 9:00 9:00 -10:15	<b>"PRANAYAMA"</b> – Breathing techniques for healthier life <b>Philosophy, Science, Anatomy &amp; Physiology</b> Learn & practice. <ul style="list-style-type: none"> <li>• Light Breakfast</li> </ul> Discussion: <b>"STRESS IN DAILY LIFE &amp; HOW TO OVERCOME IT THROUGH YOGA"</b>	Happiness Yoga Center, Lorton VA
	Evening 4:45 to 6:30	<b>"SECRETS OF SHAKTI UPASANA"</b> - Discourse in context with <b>Devi Mahatmaya</b> (program may be in Hindi) Followed by Dinner	Sri Durga temple 8400 Durga place, Fairfax station VA 22039
Sept. 24 Monday	Morning 6:00 to 7:30	Importance of alignment in Yogasana - Practice class	Happiness Yoga
	Evening 4:45 to 6:00	Anatomy & physiology of principle postures –Practice class	Happiness Yoga
	Evening 6:15 to 7:30	<b>"REJUVENATION THRU" YOGANIDRA"</b>	Happiness Yoga
Sept. 25 Tuesday	Evening 5:00 to 6:00	Flares from Surya Namaskara- Why is it the most favorite of yogis for centuries?	Happiness Yoga
	Evening 6:00 to 7:30	<b>"JAPA YOGA &amp; SATSANG"</b> Retreat Conclusion with Q & A and Guru-Prasad (light refreshment)	Happiness Yoga

Sponsorship & Donations appreciated (100% Tax Benefit, Check in favor of DJSS)

Happiness Yoga Center, 9261 Plaskett lane, Lorton, VA 22079 | [www.happinesseyoga.net](http://www.happinesseyoga.net)  
 thehappinesseyoga@gmail.com | Call : (202)422-7762, (202)903-1057, (571)331-2011

...Limited Seats, Registered Participants Will Be Given Preference...

REGISTRATION: [www.happinesseyoga.net/wellness](http://www.happinesseyoga.net/wellness)