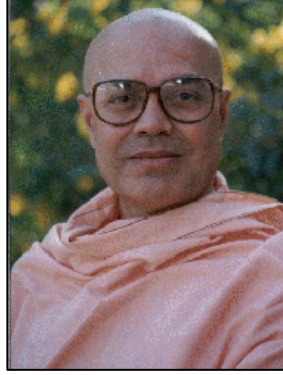


# The Hindu Temple and Heritage Hall of Toledo

Proudly presents

## Retreat and Yoga Workshop

Friday, September 27<sup>th</sup> to Sunday, September 29<sup>th</sup>, 2019



**“Sri Swami Adhyatmananda”** will be in the Toledo area starting Friday, September 27<sup>th</sup> evening through Sunday September 29<sup>th</sup> 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
Friday Sept. 27 <sup>th</sup> , 2019	7:00 PM - 8:15 PM	Discourse 1 (English)	Power of Positive thinking
Saturday Sept. 28 <sup>th</sup> , 2019	7:30 AM - 8:30AM	Yoga/Pranayam and Meditation Workshop1	
	5:00 PM – 6:15PM	Discourse 2 (English)	Power of Positive thinking (application in current environment)
Sunday Sept. 29 <sup>th</sup> , 2019	7:30 AM - 8:30AM	Yoga/Pranayam and Meditation Workshop2	

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

**Event Coordinators:**      **Rajesh Laungani**      **419-824-9771**  
   **Bindu Mistry**            **419-386-1111**  
   **Pt. Anant Dixit**           **419-843-4440**