

# H H Swami Sri ADHYATMANANDAJI MAHARAJ

President, Sivananda Ashram, Ahmedabad, India

AT THE HINDU TEMPLE, Louisville, JULY 15, 16, 2009

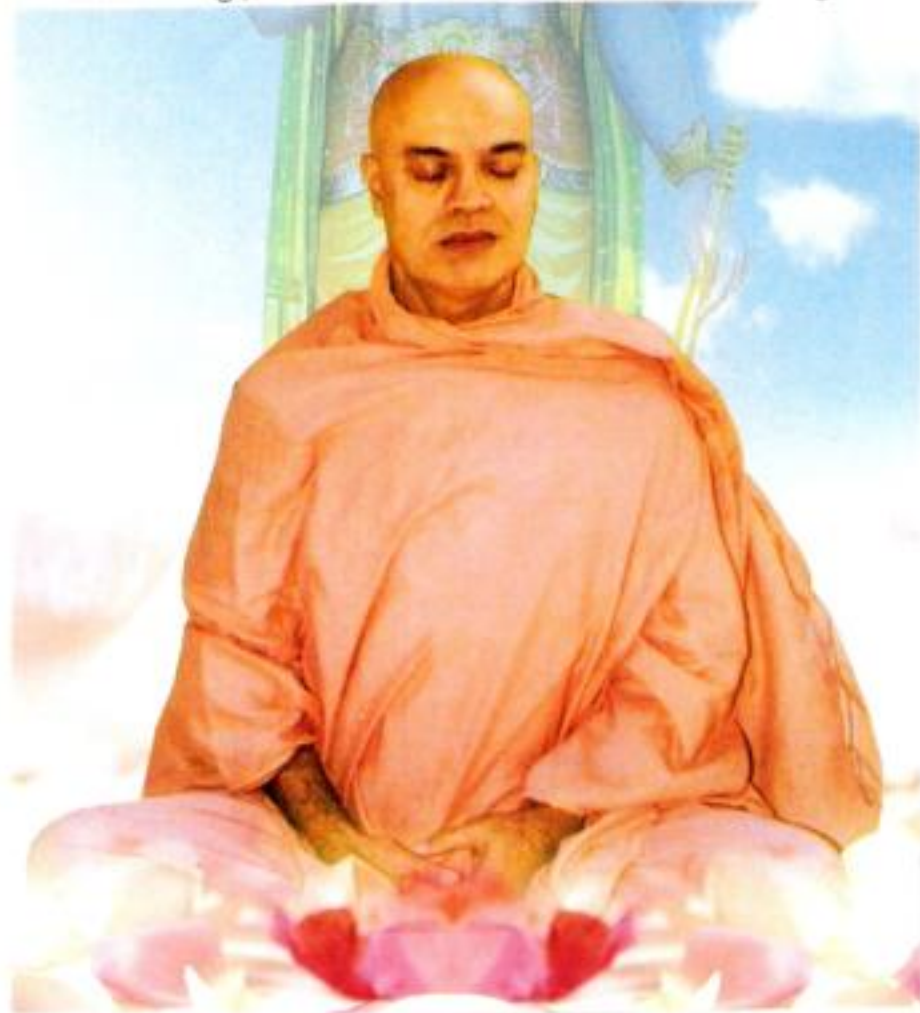
## Program

Wednesday, July 15 7 pm Tension in daily life; how to overcome it through Yoga

Thu, July 16 11 am Childrens's session; 7 pm GITA IN DAILY LIFE

(Sponsored by Dr Indra Rastogi, 228-4052. Information: Indu Bhatnagar, 456-4779)

[www.divyajivan.com](http://www.divyajivan.com)



The Divine Life Society was founded by H. H. Sri Swami Sivanandaji Maharaj in the year 1936. Sri Swami Adhyatmanandaji Maharaj is the beloved disciple of Society's present president Sri Swami Chidanandaji Maharaj. Swamiji embraced the life of mendicant on 1st January 1971 and was initiated in the Holy order of Sanyasa in the year 1974. Since then as per His worshipful Gurudev's instructions he is continuously spreading the message of sages of the yore and sharing the knowledge of ancient cultural and scientific heritage of ancient India through Yoga, Pranayama, and Meditation.

His discourses on the subjects like Gita, Upanishads, Srimad Bhagavat, etc. in most simple language has touched and inspired millions of listeners in last thirty five years of his monastic life. Swamiji is a living example of the teaching of Gurudev Swami Sivananda and integrates the cultivation of Head, Heart and hands through pursuits of knowledge, devotion and selfless service respectively.