

HINDU TEMPLE OF WISCONSIN & SPIRITUAL ENRICHMENT PROGRAM



present

SEP

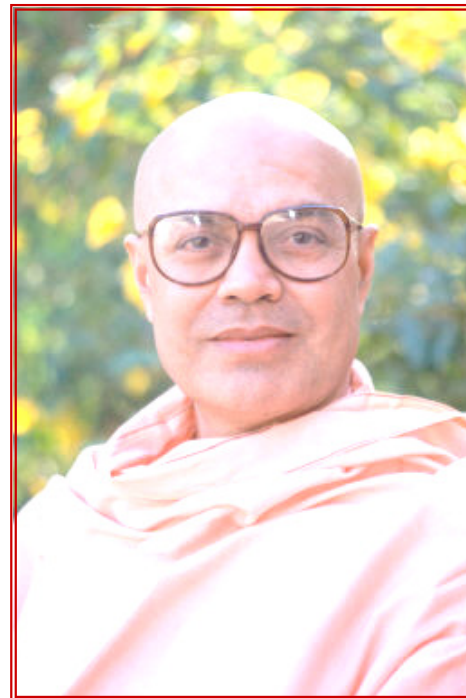
STRESS MANAGEMENT THROUGH YOGA

(ASANA, PRANAYAMA, MEDITATION & SPIRITUAL DISCOURSES)

13 - 14 JULY 2009, with

SRI SWAMI ADHYATMANANDA SARASWATI

We are pleased to announce the upcoming visit of Sri Swami Adhyatmananda Saraswati to Milwaukee. Sri Swami Adhyatmananda is a Hindu monk belonging to the lineage of H.H Swami Sivananda Saraswati of Divine Life Society, Rishikesh, India and has dedicated his life to the goal of spiritual enlightenment. Swamiji is a world-renowned Yogacharya who has conducted over 725 yoga camps throughout the world and has trained tens of thousands of students in Yoga, Pranayama and Meditation. Swamiji is a living example of the teachings of his Gurudev Swami Sivananda and integrates the cultivation of Head, Heart and Hand through pursuit of Knowledge, Devotion and Selfless Service respectively. He is a Yogi, Vedantin and Devotee all in one. Swamiji's discourses are wisdom outpourings coming from decades of personal experience of leading the spiritual life. He sings bhajans melodiously. Swamiji heads the Sivananda Ashram in Ahmedabad, India and is currently visiting USA, Europe and Canada at the request of his disciples. In his earlier visits to Milwaukee, Swamiji has touched the hearts of a number of people. This year, Swamiji will be enlightening us on the vital current day topic of **Stress Management through Yoga**.



DAILY PROGRAM (6:30 to 8:30 PM)

13th July: Stress Management Through Yoga – I

14th July: Stress Management Through Yoga – II

Time: 6:30 to 8:30 PM on both days

*Please bring your Yoga mat or a blanket for the Yoga class

VENUE:

Hindu Temple of Wisconsin Auditorium

N4063 W243 Pewaukee Rd,

Pewaukee, WI—53072

This event is FREE to all interested people and is not religious in nature. Voluntary donations are accepted with thanks.

For more details, contact:

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Divya Tour 2008 at Milwaukee



Yoga Camp Participants with H.H. Sri Swami Adhyatmananda Saraswati

Milwaukee, 25th to 27th August 2008