

# Hindu Community Center

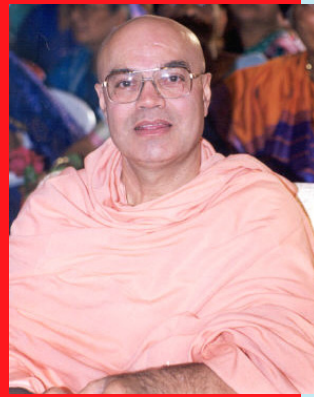
**GARFIELD & KEARNY** proudly presents

## 'YOGA : A WAY OF LIFE' YOGA SHIBIR / CAMP & SPIRITUAL DISCOURSES



1 Gaston Avenue,  
Garfield, NJ 07026

156 Schuyler Avenue,  
Kearny, NJ 07032




TO BE CONDUCTED BY

**H.H. Swami Shri ADHYATMANANDJI Maharaj**  
(Sivanand Ashram, Ahmedabad, INDIA)

One of the greatest YOGA Masters of this era and the most sought after orators, H. H. Shri Swami Adhyatmanandji Maharaj (Sivanand Ashram, Ahmedabad, INDIA) has conducted more than 700 yoga classes in India and abroad for Armies, Universities and private sector companies! His writings and lectures are a spontaneous outpouring of divine wisdom. Making the most esoteric subjects of spirituality simple through a perfect blend of humor, melodious singing and down to earth practical approach, Swamiji has touched and inspired millions of listeners in the last thirty five years of his monastic life. A great motivator for the modern youth, he has made an enormous difference in their lives by inspiring them to attain success and learn true values. His weekly articles in **GUJARAT TIMES** take you through the journey of the internal mechanism of human body and how yoga improves their functioning at the optimum level.

Date: **JULY 3<sup>RD</sup> 2009, Friday to JULY 10<sup>TH</sup> 2009, Friday**

Place: **156 Schuyler Avenue, Kearny, NJ 07032**

Timing	Morning Session	Afternoon Session			Evening Session	
Day/Date	7:00 to 9:30	2:30 to 4:00	4:00 to 4:30	4:30 to 5:30	5:30 to 7:30	
Fri. 07/03	Registration-Orientation	Shibir Opening and Yoga Session			Break w/Prasad	
Sat. 07/04	Yoga Session	Yoga Session	Questions/Answers	Break w/Prasad	Daily Discourses on <b>RAMAYAN</b> <b>OPEN FOR ALL</b> 	
Sun. 07/05	Yoga Session	Yoga Session	Questions/Answers	Break w/Prasad		
Mon. 07/06	Yoga Session	Yoga Session	Questions/Answers	Break w/Prasad		
Tue. 07/07	Yoga session followed by Guru Purnima-Pujan Vidhi, followed by Prasad (See Note)					
Wed. 07/08	Yoga Session	Yoga Session	Questions/Answers	Break w/Prasad		
Thu. 07/09	Yoga Session	Yoga Session	Questions/Answers	Break w/Prasad		
Fri. 07/10	Yoga Session	Yoga Session Purnahuti (Aashirvachan, Personal blessings)		Break w/Prasad		Grand Closing (Purnahuti) Ceremony

Note: .....**Gurupurnima Puja / Vidhi** will be of your own Guru or God. Bring an Idol / photo / or foot print for puja.

Registration: .....**Adult and Children 10 years and up.**

Full Session: .....**Friday, JULY 3RD 2009 through Friday, JULY 10TH 2009** ..... Donation \$ **151.00** .....

Part Session: ....**Friday, JULY 3RD 2009 through Monday, JULY 6TH 2009** ..... Donation \$ **101.00** .....

Sponsors: .....Donation \$ ..... (**Two Free Registrations**) ..... Donation \$ ..... (**Four Free Registrations**)

For more information, contact

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Temple Office: 201-997-5556 • Directions: <http://hindumandirnj.org/>