

YOGA CAMP & DISCOURSES BY SWAMI ADHYATMANANDA

Location: Hindu Temple of Toledo, 4336 King Road, Sylvania OH 43560

(June 21 to June 25, 2009)



Activity Schedule: Sunday June 21, 2009 to Thursday June 25, 2009

Day	Time	Activity	Subject
Sunday June 21	4:30 to 5:30 pm 5:45 to 6:45 pm	Discourse for Youth Discourse	Building Character Science & Spirituality: Bridging the Gap
Monday June 22	6:30 to 7:30 am 6:00 to 7:30 pm	Registration/Yoga Class Discourse	Karma Yoga, Bhakti Yoga & Raja Yoga
Tuesday June 23	6:30 to 7:30 am 6:00 to 7:30 pm	Yoga Class 2 Discourse	Gyana Yoga & Siddhi Yoga
Wednesday June 24	6:30 to 7:30 am 6:00 to 7:30 pm	Yoga Class 3 Discourse	Stress Management & Relaxation Techniques
Thursday 6/25	6:30 to 7:30 am	Yoga Class 4	

Swami Sri Adhyatmananda is the current *acharya (Spiritual Head)* at Sivanand Ashram in Ahmedabad, India. He is a disciple of H. H. Sri Swami Chidanandaji Maharaj who represented Hinduism in the Parliaments of World's religion in 1993, commemorating 100 years of the famous address of Swami Vivekananda. Swami Adhyatmananda is a world renowned yoga teacher who has conducted yoga camps for the Indian army, various universities and private enterprises. He has trained thousands of students in Yoga, Pranayam and Meditation.

Yoga Class Notes: No Charge. Suggested Donation \$ 50. Please make checks payable to "The Hindu Temple of Toledo". Please bring your own Yoga Mats & dress in comfortable yoga attire for morning Yoga classes. Entry is open to the public.

For More Information, please contact Program Coordinators:

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