



# LEARN YOGA, MEDITATION & PRANAYAM

**SWAMI  
ADHYATMANANDAJI**

inaugurated by  
**MAYOR KELAHER**

at  
**COMMUNITY MEDICAL CENTER**

Date: Saturday, June 13th 2009  
Times: 9 to 11 am & 2 to 4 pm

This is a free event.

Registration is required

888-724-7123

Organizer: Dr. Nick Mehta 732-244-1080

Swami Adhyatmanandaji Maharaj, a great yogacharya, has conducted over 700 yoga classes in India and abroad for armies, universities and private sector companies. Coming from the great lineage of His Holiness Sri Swami Sivanandaji Maharaj, Sri Swami Adhyatmanandaji Maharaj is the Spiritual Head of the Sivananda Ashram Ahmedabad.

Instructions for attendees.

Arrive promptly, Bring your mat. Dress appropriately Remove shoes. Turn cell phones off.

