



AM Yoga Class

Clayton Ave

Pleasant Plain Fire Hall

Toms River, NJ

Tue Wed Thur Fri

June 9-12, 2009

7 to 8 AM

Bring your mat. Dress appropriately



Discourse

Yoga, A Way of Life

Hosts: Ulka & Raju Joshi

1159 Indian Hill Rd

Toms River, NJ

Tel 732 270 1755

Friday, June 12 th Friday

Time : 8 to 9 pm

This event is free but pre-registration is required

Contact: 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



Arrive promptly, Remove shoes. Turn cell phones off