

**DISCOURSE BY MAGNIFICENT ORATOR
HIS HOLINESS SWAMI ADHYATMANANDJI MAHARAJ**

President of Shivananda Ashram, Ahmedabad, India.

A Disciple of Most Revered, Beloved and Worshipful **H.H. Sri Swami Chidanandaji Maharaj**



PROGRAM OUTLINE

- ✓ Power of Yoga in physical and mental wellbeing.
- ✓ The Role of Yoga and Meditation in Stress Management.
- ✓ Short Meditation exercise
- ✓ Question Answers

25th June (Thursday) @ 5:00 to 6:15 PM
Rotman School Of Management, U of T
105 St. George st, Toronto ON , M5S 3E6
Classroom 134

Please Register at www.rotman.utoronto.ca/june25