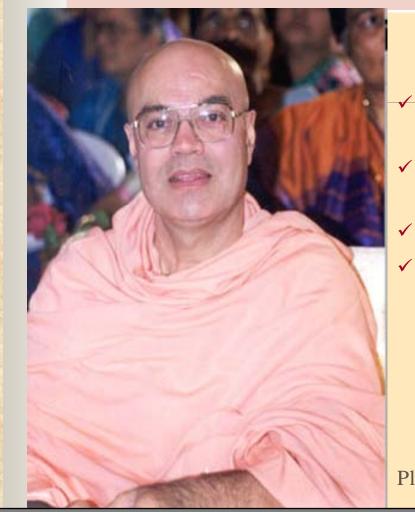
DISCOURSE BY MAGNIFICENT ORATOR HIS HOLINESS SWAMI ADHYATMANANDJI MAHARAJ

President of Shivananda Ashram, Ahmedabad, India. A Disciple of Most Revered, Beloved and Worshipful H.H. Sri Swami Chidanandaji Maharaj



PROGRAM OUTLINE

5 T .

- 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