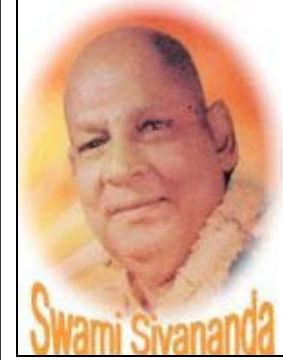


*“Yoga is eternal life in the soul or spirit. It transforms a man into divinity. It brings a message of hope to the forlorn, joy to the depressed, strength to the weak and knowledge to the ignorant. Yoga way of Life brings happiness of sound mind in sound body. Yogic living implies discriminative living. Yoga is equanimity, equipoise or equilibrium. It is skill in the performance of actions. It is the secret Master-key to open the realms of eternal bliss and deep abiding peace”. - Swami Adhyatmananda*



**Find a Master-key to the realm of Eternal Bliss through Yogic Life.**  
**For those interested in learning more about yoga or getting started, please meet Yoga Master, Swami Adhyatmananda. Pujya Swamiji represents a great lineage of Holy Master Sri Swami Sivananda & Gurumaharaj Sri Swami Chidananda. Swamiji will be in England from 24<sup>th</sup> August 2009 to 31<sup>st</sup> August 2009. Swamiji is a living example of the teaching of Gurudev Swami Sivananda. He is a Yogi, Vedantin and Devotee all in one. His talks are a spontaneous outpouring of divine wisdom coming from decades of personal experiences of living the spiritual life. People from all walks of life find solace in his holy presence. He is author of many books on Yoga. At present, Swamiji is the Spiritual head of Sivananda Ashram, Amedabad. Swamiji's schedule of seminars and satsangs in England is scheduled as below:**

Date	Time	Venue	Contact
Monday 24 <sup>th</sup> Aug 2009	7.30 pm to 9.00 pm Yoga seminar	High View School Wallington Surrey	Jogendra Patel 020 8395 8028 07956 952756
Tuesday 25 <sup>th</sup> August 2009	11.30 am to 12.30 pm	Milaap center Kingston	Shantini 020 8547 2887
	7.30 pm to 9.00 pm Yoga seminar	High View School Wallington Surrey	Jogendra Patel 020 8395 8028 07956 952756
Wednesday 26 <sup>th</sup> August 2009	11.30 am to 12.30 pm	Apna Aashyana Thornton Heath	Haribhai 020 8689 1384
	8.00 pm to 9.15 pm	Sittingbourne Kent	Pushpaben Patel 01795 423541
Thursday 27 <sup>th</sup> August 2009	2.00 pm to 3.00 pm	VHP Thornton Heath	Hansaben J Patel 020 8769 3464
	8.00 pm to 9.30 pm	Carshalton Surrey	Bhirendra Patel 020 8642 2069
Friday 28 <sup>th</sup> August 2009	2.00 pm to 3.00 pm	Forest Hill London	Mukesh Patel 020 8699 5442
	7.30 pm to 9.00 pm	T B A	T B A
Saturday 29 <sup>th</sup> August 2009	8.00 am to 10.30 am Yoga seminar	Hillbrook School Tooting London	Paresh Mehta 020 8241 0635
	2.30 pm to 4.00 pm	Purley Surrey	Shrutiben Malde 07888 661988
	8.00 pm to 9.15 pm	Mitcham Surrey	Paresh Mehta 020 8241 0635
Sunday 30 <sup>th</sup> August 2009	10.30 am to 11.30am	Anupam Mission Uxbridge	Himat Swami 01895 832 709
	2.00 pm to 3.30 pm	Putney London	Nitin Bhalotia 07834842967
	5.00 pm to 7.00 pm	Harrow Middlesex	Kantaben Rajdev 020 8909 3112
Monday 31 <sup>st</sup> August 2009	2.00 pm to 3.00 pm	Rayners Park Surrey	Umesh Soni 020 8543 1220
	5.00 pm to 6.00 pm	Crystal Palace London	Ramesh Morjaria 020 8771 7526
	7.30 pm to 9.00 pm	Sutton Surrey	Ileshbhai Patel 020 84012482

If you wish to invite Swamiji to share his wisdom with you, your family/community,  
 Please contact Jogendra on 020 8395 8028/ 07956 952756 or [jogendrapatel@gmail.com](mailto:jogendrapatel@gmail.com)