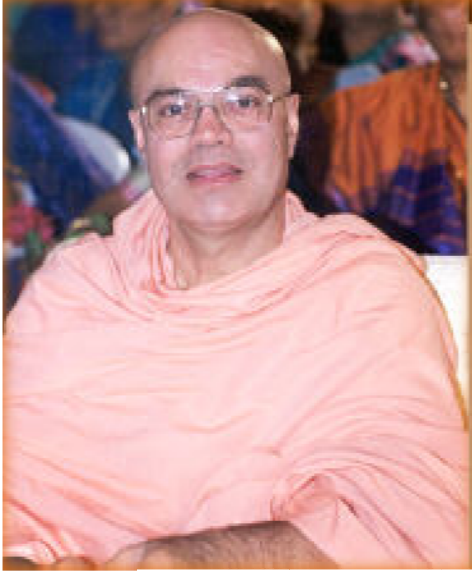




STRESS MANAGEMENT AND RELAXATION TECHNIQUE WORKSHOP BY YOGA GURU

H.H Shri Swami Adhyatmanandaji Maharaj
(President, Sivanand Ashram, Ahmedabad, India)



One of the greatest **YOGA** masters of this era and the most sought after orators, H.H. Shri Swami Adhyatmanandaji Maharaj has conducted over 700 Yoga Camps in India and North-America for armies, universities and private sector companies. His writings and lectures are a spontaneous outpouring of divine wisdom. He makes the most esoteric subjects of spirituality simple through a perfect blend of humor and down-to-earth practical approach combined with decades of personal experiences of living a monastic spiritual life. People from all walks of life find solace in his holy presence.

Windsor is privileged to have such an inspiring **YOGA GURU** visit our city, and show us how to attain inward peace.

FREE TWO-HOUR WORKSHOP: SATURDAY, JUNE 20 2009
5:00 pm – 7:00 pm

Light Refreshments will be served following the event.

COLLEGE AVE. COMMUNITY CENTRE
3325 College Avenue, Windsor ON, N9C 4E6, (519) 253-5576

Due to limited seating- Please register by email ASAP: yogawindsor@gmail.com

For further information contact:

Jay Bhatt: (519) 739-3888 **Dr. Mahesh Mehta:** (519) 979-2177 **Sanjay Nagda:** (519) 968-2816

To get more info on Swami Adhyatmanandaji
Visit: www.divyajivan.org

