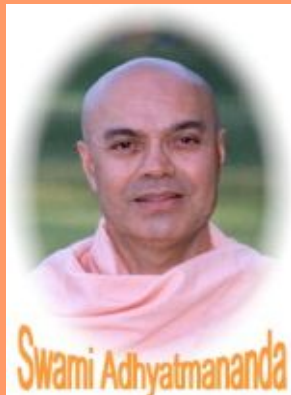
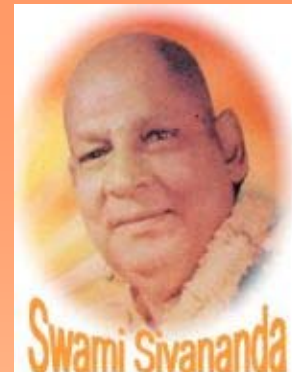


Programs of H. H. Sri Swami Adhyatmanandaji in Chicago Area



“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 Chicago area from June 14, 2009 to June 19, 2009. Swamiji's Morning Yoga Sessions are organized by Hindu Temple of Greater Chicago (HTGC) and evening satsangs are organized at various places. 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 a Spiritual head of Sivananda Ashram, Amedabad.



Morning Yoga , Pranayama & Meditation Sessions at HTGC from Monday, June 15th to Friday, June 19th (6.00am to 8.00am)

Dates	Time	Location	Subject
Sunday, June 14, 2009	1.30 pm –3.00 pm	HTGC ¹	Welcome Satsang
	4.00pm - 5.00pm	Sri Arbindo Center ²	“ Vaishnav Jan”
	6.00 pm to 8.00 pm	Sri Jalaram Mandir ³	Bhakti Yoga
Monday, June 15, 2009	12.00 pm –2.00 pm	Satsang ¹¹	Sankirtan
	6.30 pm to 8.00 pm	Gayatri Parivar ⁴	Yoga, A Way of Life
Tuesday June 16, 2009	12.00 pm to 2.00 pm	Satsang ⁵	Japa Sadhana
	7.30 pm to 9.30 pm	Satsang ⁶	Gita in Daily Life
Wednesday June 17, 2009	12.00 pm to 2.00 pm	Satsang ⁷	Glory of Gayatri Mantra
	7.30 pm to 9.00 pm	Satsang (Indiana) ⁸	Devi Mahatmaya
Thursday June 18, 2009	11.00 am to 2.00 pm	NE University ⁹	Yoga work Shop
	7.30 pm to 9.00 pm	Satsang ¹⁰	Stress Management & Relaxation Techniques

1-Hindu Temple of Greater Chicago 10915 Lemont Road Lemont, IL 60439 (630) 972- 0300	7. Mina Bhavsar O S. 008 Beverly Street. Wheaton, IL 60187 (630) 709-7474
2- Sri Arbindo Center Smt. Jayshree Ramesh Pandya 1031 N. Kuhn Rd Carol Stream, IL 60188 (630) 871-9813	8-Indiana Smt. Durga Ramesh Kanuru 1200 Bally Bunion court Dyer, IN-46311 (219)865-2420
3- Sri Jalaram Mandir 425 Illinois Blvd Hoffman Estate, IL 60169	9- Northeastern Illinois University Dr. Anita Ambardar 5500 n. St. Louis Ave Chicago 60091
4- Gayatri Parivar Bhagini Kusumben Patel 8507 W. Clara Drive Niles, IL 60714	10- Orchard Brook Club House Hemaben Gajiwala 1089 35th Street Downer's Grove, IL 60515 (630) 541-1472
5- Satsang Smt. Raksha & Praful Patel 364 Walnut Lane Schaumburg, IL 07728 (847)-778-5370	11. Smt. Jayshree Tajpuria 5255 Morning View Drive Hoffman Estate, IL 60192 (847) 531-5255
6- Smt. Indira & Kiran Shah 1011 Bettie Lane Glenview, IL 60025 (847) 730-6026	

Instructions for the Yoga session attendees

- Bring your exercise mat or blanket
- Wear appropriate loose clothes
- Be punctual and observe discipline
- Observe silence and have prayerful mood.
- Children under six should not attend the class

Please address the Donation Check to,

“Divya Jivan Sanskrutik Sangh”

If you wish to have Swamiji's Bhiksha and /or home visit, email divya.tour@gmail.com or phone # 630-862- 8737.
Details related to Swamiji's other programs are available on website : http://www.divyajivan.org/divya_tour2009/index.htm