

**OM Namō Narayanaya!**

You are invited to join  
Divya Jivan Sanskrutik Sangh  
for an enlightening discourse and satsang  
with

**H. H. Shri Swami Adyatmanandji Maharaj**  
**Spiritual Head of Sivananda Ashram**

**Amdavad, India**  
**[www.divyajivan.org](http://www.divyajivan.org)**

on  
Thursday, June 18, 2009  
7:00 PM to 9:00 PM  
at  
Orchard Brook Club House  
1089 35th St.  
Downers Grove, IL 60515

**Topic : Yoga Nidra**  
**Stress Management & Relaxation Techniques**

RSVP by June 15, 2009

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Note: Bring your exercise mat or blanket  
Wear appropriate loose clothes  
Be punctual and observe discipline  
Observe silence and have prayerful mood

Refreshments will be served