

Yoga for Stress Management & Meditation

Swami Adhtymanadiji of Shivanda Asharm is coming to Tampa Bay on July 17, 18 & 19. He will share His knowledge of Yoga and Health.

India Cultural Center and GSTB are proud to be a part of this seminar. It's a unique opportunity to meet Gurudev and learn pranayam, Yoga, meditation.

Friday, July 17th	5:30pm-7:30pm	Satsang
Saturday, July 18 th	8:30am-10:30am	Yoga
Saturday, July 18 th	11:00am-12:00pm	Meditation
Saturday, July 18 th	5:30pm-7:30pm	Satsang
Sunday, July 19 th	8:30am-10:30am	Yoga
Sunday, July 19 th	11:00am-12:00pm	Meditation
Sunday, July 19 th	5:30pm-7:30pm	Satsang

**Location: India Cultural Center
5511 Lynn Road
Tampa, FL, 33624**

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Mr. Ram Jakhotia, (813)962-4172

Light lunch and dinner will be served, COMPLEMENTARY