

FREE YOGA CLASSES

Conducted by :

Swami Adhyatmananda

Spiritual head and president of Sivananda Ashram, Ahmedabad and a beloved disciple of the most revered H. H. Sri Swami Chidanandaji Maharaj will be **in Atlanta and conduct yoga camp in two locations one at IACA facility and another in Global Mall between July 28-31, 2006.** He is a dynamic yogi having a multifaceted, magnetic and versatile personality.

Swamiji has conducted more than 660 Yoga, Pranayama and Meditation camps all over the world including countries like Japan, Mauritius, Germany, Amsterdam, Britain, America and Canada. Avail the swamiji's presence and attend yoga classes held in Atlanta. More details @ <http://www.divyajivan.org>.

Swami's Atlanta program details: Morning Sessions

Day / Date	Time	Place	Contact:
Friday, July 28, 06	6:30 to 8:00 AM	Classes will be held at : IACA 1281 Cooper Lake Road Smyrna, GA 30082	Tushar Sanghvi 404-372-7501 www.myiaca.org Nirav Patani 404-512-8614 Margot Vaughan 770-598-0922
Saturday, July 29, 06	6:30 to 8:00 AM		
Sunday, July 30, 06	6:30 to 8:00 AM		

Evening Sessions

Day / Date	Time	Place	Contact:
Friday, July 28, 06	6:00 to 8:00 PM	Classes will be held at : Impact Conference Center 5675 Jimmy Carter Blvd., (Global Mall) Norcross, GA 30071	Ravi R. Ponangi 678-937-9439 (R) 404-644-7521 (Cell) Email: raviponangi@yahoo.com Shiv Aggrawal 404-456-2973
Saturday, July 29, 06	4:00 to 6:00 PM		
Sunday, July 30, 06	4:00 to 6:00 PM		
Monday, July 31, 06	6:00 to 8:00 PM		

Note for Yoga classes: (1) Swamiji will speak to the participants to clarify doubts during interval of the sessions (2) Though a free event better to register to facilitate the organizers to make arrangements.(3) Wear comfortable clothes (4) Bring blanket / Yoga mat.

Swamiji's other programs: (1) Swamiji starts his Atlanta program with a discourse at Vedanta center on Thursday, July 27, 2006 at 8:00PM (2) Swamiji will visit HTA, Riverdale on Saturday, July 29 (3) Swamiji will address children and attend Senior Citizen program on Sunday July 30 (4) Swamiji will visit and attend Arati at Shri BAPS temple on Sunday, July 30 at 6:30 PM. Location: Clarkston Indl Blvd, GA 30021. (3) Swamiji will also meet yoga teachers and medical professionals at a special meeting on Monday, July 31 from 11:00 AM to 3:00PM. Location Global Mall. **For details contact Dr. Prakash Desai/Ravi @ 404-644-7521.**

All donations are thankfully accepted and acknowledged.