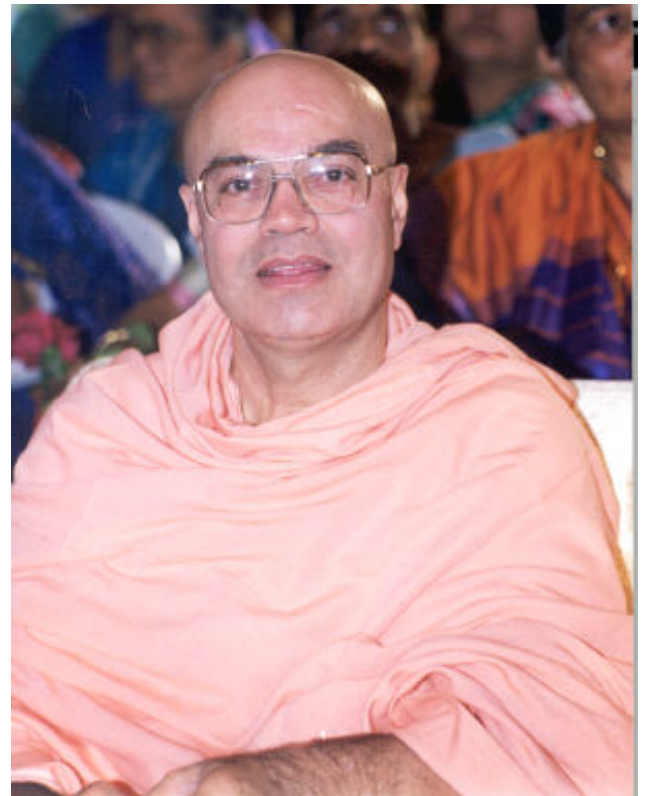


# Welcome one and all!

A spiritual giant is visiting to our town on **JULY 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup>**.

FREE YOGA TRAINING AND SPIRITUAL LECTURES from one the greatest yoga teachers of this era, H. H. Shri **Swami Adhyatmanandaji Maharaj** (from Sivananda Ashram, INDIA) who has conducted more than 600 yoga classes in India and abroad for armies, universities and private sector companies !

One of the most sought after orators; his lectures are a spontaneous outpouring of divine wisdom. Making the most esoteric subjects of spirituality simple through a perfect blend of humor, melodious singing and down to earth practical approach, Swamiji has touched and inspired millions of listeners in the last thirty five years of his monastic life. A great motivator for the modern youth, he has made an enormous difference in their lives by inspiring them to attain success and learn true values. You are welcome to take advantage of this opportunity to learn Yoga and become blessed with the darshan and teachings from this great saint of India.



DATE	TIME	VENUE & CONTACT PERSON	ADDRESS	PROGRAM
Thursday, July 20, 2006	7:00 AM - 8:30 AM	Durga Mandir	4240 Route 27, South Brunswick, NJ 08824 609- 683-3760	Yoga , Pranayam & Meditation
	5:30 PM-7:00 PM	Durga Mandir	4240 Route 27, South Brunswick, NJ 08824 609- 683-3760	Bhagvad Gita in Daily Life / Power of Gayatri Mantra
Friday, July 20, 2006	7:00 AM - 8:30 AM	Ved Mandir, Shri Hari Bhai	1 Ved Mandir Drive, Milltown, NJ 08850 732- 821-0404	Yoga , Pranayam & Meditation
	11:00 AM- 12:30 PM	Residence of Joann & Ajit Bhatia	55 Eberhardt Rd, East Hanover, NJ 07936 973- 585-4816	Sure Ways to God Realization
	7:45 PM - 9:15 PM	Sanatan Mandir, Shri Pravin Bhai Shastri	16 Jean Terrace, Parsippany, NJ 07454 973-334-1819	Bhagvad Gita in Daily Life / Satsang
Saturday, July 20, 2006	8:30 AM- 11:00 Noon	Residence of Vimal & Pappu Sodhani	3 Masar Road, Boonton, NJ 07005, Contact Mr. Ajit Kothari 973-257- 8310 ajitandila@hotmail.com	Yoga , Pranayam & Meditation
	2:30 PM-4:00 PM	Residence of Pinki & Deepak Changrani	453 Emerson Lane, Berkley Heights, NJ 07922 908-322-3224	Inspirations from Vedanta & Upanishads
	5:30 PM -7:00 PM	Hindu Mandir, Shri Sanjaya Pandaya	156 Schuyler Ave., Kearny, NJ 07032 201- 997-5556	TBD

### 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 donation cheques to 'Divya Jivan Sanskrutik Sangh'.**

If you wish to have Swamiji's Bhiksha and/or home visit, email [divya.tour2006@gmail.com](mailto:divya.tour2006@gmail.com) / or Bhatia.ajit@gmail.com or call (973) 585-4816/. Details related to Swamiji's other programs are available on website: [http://www.divyajivan.org/divya\\_tour2006/index.htm](http://www.divyajivan.org/divya_tour2006/index.htm).