

H. H. Sri Swami Adhyatmanandaji's

Program in Troy, MI

- ❖ **Start your journey towards wellness – Commit to this 4-day Session of de-stress and healing with balanced breathing and stretches**
- ❖ **Free sessions will be held at the Troy Community Center from 6:00AM to 7:15 AM on**
Friday – Nov 7
Monday – Nov 10
Tuesday – Nov 11
Wednesday – Nov 12
- ❖ **Address/ Directions:**
On Livernois just north of Big Beaver

Troy Community Center - Studio B
3179 Livernois Troy, MI 48083

For more information, Contact:
Neil Lal at 248-229-6407 or
email: neil@netlink.com



H. H. Sri Swami Adhyatmanandaji's

Spiritual Guidance & Meditation Sessions (Nov 6 – Nov 12) Evenings

❖ We are very pleased to inform you that Sri Swami Adhyatmanandaji Maharaj of Sivananda Ashram, Ahmedabad will be visiting Detroit Michigan from November 6 to November 12 2008. You & your family is cordially invited to attend a series of spiritual sessions starting with the

- At the Bhartiya Temple - First program on November 6 (Thursday) from 6:30PM to 8:30 PM in Troy. Topic: Krishna Consciousness & the theory and practice of karma-yoga
- At Sri Balaji Vedic Center
Nov 8th 2008: Saturday, 7:00 pm - 8:30 pm
Topic: Service above Self / Path of selfless service - Guidance from Lord Krishna (CH. 3) & Lord Hanuman
- At Sri Balaji Vedic Center
Nov 9th 2008: Sunday, 7:00 pm - 8:30 pm
Topic: Krishna Consciousness & the theory and practice of karma-yoga
- At Sri Balaji Vedic Center
Nov 10th 2008: Monday, 7:00 pm - 8:30 pm
Topic: The Purpose of Incarnation of God



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❖ **Address/ Directions:**

- Bhartiya Temple: Nov 6 – On Adams Road North of Square Lake Troy, MI
- Sri Balaji Vedic Center: Nov 8,9, and 10: is located on East Big Beaver / Metro Park Way / 16 Mile just One Block of East of Dequindre Road, on the North Side of Big Beaver Road in an office building (Next to Bank of America).