

HINDU TEMPLE OF WISCONSIN & SPIRITUAL ENRICHMENT PROGRAM

PRESENT

YOGA, MEDITATION & SPIRITUAL DISCOURSES

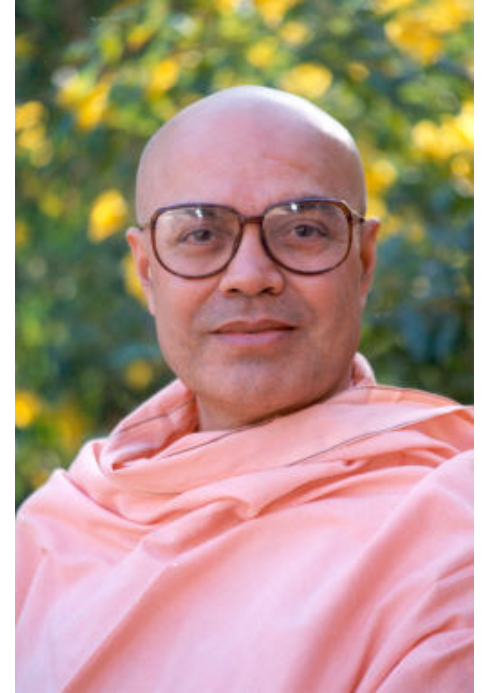
25 - 27 AUGUST 2008 WITH

SRI SWAMI ADHYATMANANDA SARASWATI

FROM SIVANANDA ASHRAM, AHMEDABAD, INDIA

SEP

Sri Swami Adhyatmananda Saraswati is a Hindu monk belonging to the lineage of Sri Swami Sivananda and Sri Swami Chidananda of Divine Life Society, Rishikesh, India and has dedicated his entire life to the goal of spiritual enlightenment. Swamiji is a world-renowned Yogacharya who has conducted almost 700 yoga camps throughout the world and has trained tens of thousands of students in Yoga, Pranayam and Meditation. Swamiji is a living example of the teachings of Gurudev Sivananda and integrates the cultivation of Head, Heart and Hand through pursuit of Knowledge, Devotion and Selfless Service respectively. He is a Yogi, Vedantin and Devotee all in one. He is an exemplary orator and has given soul-stirring discourses on Gita, Upanishads and Spiritual life in general. Swamiji's talks are wisdom outpourings coming from decades of personal experience of leading the spiritual life and are interspersed with educative humor. Swamiji heads the Sivananda Ashram in Ahmedabad, India and is currently visiting UK, USA and Canada at the request of his disciples. In Milwaukee Swamiji will be enlightening us on a few topics of "Spiritual Wisdom from the East".



DAILY PROGRAM (25th, 26th, 27th AUG)

6:00—7:00 PM: Yoga

7:00—8:30 PM: Spiritual Discourse

*Please bring your Yoga mat or a blanket for the Yoga class

TOPICS OF SPIRITUAL DISCOURSE:

- **25th:** Gita and Vedanta in daily Life
- **26th:** Science of Mantras & Japa Sadhana
- **27th:** True Goal of Life and How to get There

VENUE:

Hindu Temple of Wisconsin Auditorium
N4063 W243 Pewaukee Rd,
Pewaukee, WI—53072

For more details, contact:

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