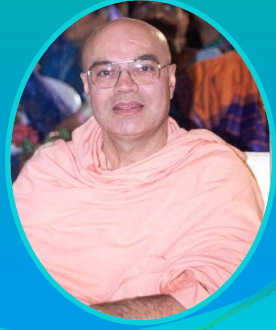


Sri Swami Adhyatmanadaji Maharaj



New Jersey Program Schedule

PROGRAM	DATE	TIME	VENUE & CONTACT	ADDRESS
BODY MECHANICS & YOGA	Aug 31 st , 2008 Sunday	5:30 PM - 7:30 PM	Hindu Community Center Kearny Mandir <i>Contact: Tejal Shah: 201-757-8491</i>	156 Schuyler Ave, Kearny, NJ 07032
YOGASANA, MEDITATION & PRANAYAM	SEP 1 st To Sep 6 th Mon To Sat	7:30 AM - 8:30 AM	Residence of Dr. Nick Mehta <i>Phone No. : 732-244-1080</i>	1851 Dino Blvd Toms River NJ 08755
TIME WITH KIDS	SEP 1 st , 2008 Monday	3:00 PM -4:00 PM	Residence of Dr. Nick Mehta <i>Phone No. : 732-244-1080</i>	1851 Dino Blvd Toms River NJ 08755
Teachings On GITA IN DAILY LIFE	Mon	7:00 PM -9:00 PM	Residence of Dr. Nick Mehta <i>Phone No. : 732-244-1080</i>	1851 Dino Blvd Toms River NJ 08755
YOGASANA, MEDITATION & PRANAYAM	SEP 2nd, 2008 Tuesday	7:00 PM -9:00 PM	Center for Health and Healing <i>Contact: Dawn Keen 732-505-8282</i> Or <i>Dr. Nick Mehta 732-244-1080</i>	111 West Water St, Toms River, NJ 08753
YOGASANA, MEDITATION & PRANAYAM	Sep 3rd, 2008 Wednesday	9:30 AM -11:00 AM	The Healing Way Center <i>Contact: Donna Cetroni 609-242-4000</i> Or <i>Dr. Nick Mehta 732-244-1080</i>	442 Lacey Rd, Forked River, NJ 08731
STRESS MANAGEMENT	Wed	3:00 PM -4:00 PM	Ocean County College (Technology Building Lecture Hall) <i>Contact: Dr. Nick Mehta 732-244-1080</i> Or <i>Richard Strada 732-255-0400 x 2211</i>	1 College Dr, Toms River, NJ 08753
PATANJALI YOGA SUTRAS	Wed	7:00 PM -9:00 PM	Residence of Dr. Nick Mehta <i>Phone No. : 732-244-1080</i>	1851 Dino Blvd Toms River NJ 08755
YOGASANA, MEDITATION & PRANAYAM	Sep 4th, 2008 Thursday	7:00 PM - 9:00 PM	Kula Kamala Yoga <i>Contact: Sharon Allitt 732-941-4025</i> Or <i>Dr. Nick Mehta 732-244-1080</i>	24 Union Ave, Lakehurst, NJ 08733
INSPIRING ROLE MODELS FROM ANCIENT INDIAN SCRIPTURES	SEP 5th, 2008 Friday	7:00 PM - 8:30 PM	Indian Cultural Association Pleasant Plain Fire Hall <i>Contact: Dr. Nick Mehta 732-244-1080</i> Or <i>Mr. Sunny Dhir 732-818-0444</i>	40 Clayton Ave, Toms River, NJ 08755
YOGASANA, MEDITATION & PRANAYAM	SEP 6th, 2008 Saturday	8:30 AM -10:30 AM	Residence of Pappu Sodhani <i>Tel: 973-334-5917</i>	3 Masar Road, Boonton NJ, 07005
YOGASANA, MEDITATION & PRANAYAM	Sat	4:00 PM - 6:30 PM	Community Medical Center (Pecora Auditorium) <i>Contact: 1-888-724-7123</i> Or <i>Dr. Nick Mehta 732-244-1080</i>	99, Rt 37 W, Toms River NJ 08755
BHAJAN SANDHYA	Sat	8:30 PM – 9:30 PM	Residence of Dr. Nick Mehta <i>Phone No. : 732-244-1080</i>	1851 Dino Blvd Toms River NJ 08755
YOGASANA, MEDITATION & PRANAYAM	SEP 7th, 2008 Sunday	8:00 AM -10:00 AM	Community Medical Center (Pecora Auditorium) <i>Contact: 1-888-724-7123</i> Or <i>Dr. Nick Mehta 732-244-1080</i>	99, Rt 37 W, Toms River NJ 08755
Teachings On YOGA & PRANAYAMS For MEDICAL PROBLEMS	Sun	10:30 AM -11:30 AM	Community Medical Center (Pecora Auditorium) <i>Contact: 1-888-724-7123</i> Or <i>Dr. Nick Mehta 732-244-1080</i>	99, Rt 37 W, Toms River NJ 08755
POT LUCK LUNCH WITH SWAMIJI	Sun	12:00 PM	Residence of Dr. Nick Mehta <i>Phone No. : 732-244-1080</i>	1851 Dino Blvd Toms River NJ 08755
SCIENCE OF PRANAYAM	Sun	5:30 PM - 7:30 PM	Hindu Community Center, Kearny Mandir <i>Contact:</i> <i>Yagneshbhai Patel: 551 221 4874</i>	156 Schuyler Ave, Kearny, NJ 07032

Please refer to individual flyers for details of each program.