

Yog ej jivan

(yoga is life itself)

A seminar by

H. H. Sri Swami Adhyatmanandaji Maharaj



Swami Sri Adhyatmanandaji Maharaj is the current *acharya* at the Amdavad ashram and under his leadership and care, the ashram has blossomed into a marvellous spiritual and cultural centre. People from all over the world have been highly impressed by his spiritual aura, charming multifaceted personality, boundless enthusiasm and unique efficiency. He is much sought after speaker and a spiritual preceptor all over India and also abroad. He is a well known yoga teacher who has conducted yoga camps for Indian army, various universities and private enterprises.

Swamiji will conduct a yoga workshop over three sessions as below:

Saturday 2nd August 2008	Morning	8.00 am to 9.30 am
Sunday 3rd August 2008	Morning	8.00 am to 9.30 am
Monday 4th August 2008	Evening	7.30 pm to 9.00 pm

Venue: High View School
The Chase
Wallington
Surrey SM6 8LY

Admission: free

For registration please contact:

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