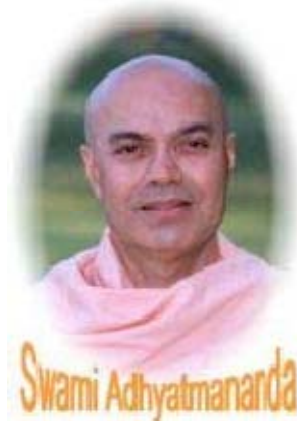


# CHINMAYA MISSION GOKUL

1723 Country Breeze Place, Bakersfield, CA 93312

PRESENTS

## H. H. Sri Swami Adhyatmanandaji in Bakersfield, CA



Coming from a great lineage of Holy Master Sri Swami Sivanandaji Maharaj and a disciple of the His Holyness Sri Swami Chidanandaji Maharaj, Sri Swami Adhyatmanandaji will be in Bakersfield October 17 and 18, 2008.

His simple and powerful teaching of Yoga way of living is much appealing to people everywhere, He goes. Pujya Swamiji is a tireless karma yogi, who utilizes every second of his day in rendering the highest service to Mankind. He has conducted over 690 Yoga, Pranayam & Meditation camps all over the globe. Pujya Swamiji is a Spiritual head of Sivananda Ashram, Ahmedabad.

### **Yoga , Pranayama & Meditation Session Chinmaya Mission Gokul Saturday Morning, October 18<sup>th</sup>, 2008**

<b>Registration:</b>	<b>8:30 AM to 9:00 AM</b>
<b>Yoga/Pranayama/Miditation Session:</b>	<b>9:00 AM to 10:00 AM</b>
<b>Discourse on Yoga and Meditation:</b>	<b>10:30 AM to 12:00 Noon</b>
<b>Lunch:</b>	<b>12:00 Noon to 1:00 pm</b>

**Registration Fee: Twenty Five Dollars (\$25.00)**

#### **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

For further information, please contact:

* Neeru Mehta	661-872-7784	* Dhaval Buch	661-665-0233
* Ashok Bhatt	661-247-5260	* Arun Keni	661-871-7004