

# Yoga



## Date

October 22 to October 28

## Time

06:30 am to 07:30 am  
and  
06:00 pm to 07:00 pm

## Venue

Hindu Society  
of Calgary  
2225-24th ave. NE  
Calgary

# Cost -Free

# Meditation Camp

Swami Adhyatmanandji is a yogacharya, having conducted more than 600 yoga shibirs (camps) in India and abroad for armies, universities and private sector companies. He is a master organizer, able to work for several days without sleeping. Swamiji can attend to several tasks at one time unlike other worldly people and was described as being astavadhani. He is a strict disciplinarian, prompt, precise and punctual. He is one of the most sought after speakers in India and abroad. His lectures are a spontaneous outpouring of divine wisdom. His ability to make the esoteric subject of spirituality simple through a perfect blend of humor, melodious singing and down to earth practical approach put him in the class all by himself. Swamiji is well known for his ability to lead kirtans to the highest ecstasy through his melodious voice and supreme devotion.

Swamiji will also talk on enhancing life through yoga & meditation from 07:00 pm to 07:30pm everyday right after the evening class.

**There will not be an evening class on the 28th of Oct.**

For more information  
please contact,

**Salil Nanda at 403-870-8345.  
Muni Bir at 403-891-7318.**