

**FREE  
ADMISSION**

**INDIA**  
Cultural Center

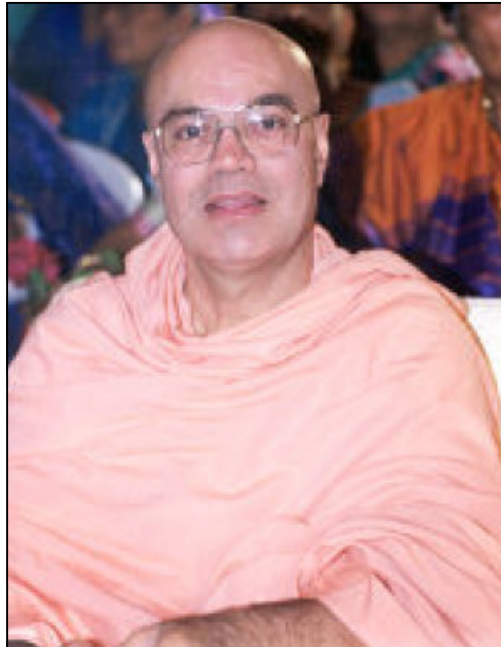
**Proudly Presents**

# **YOGA, MEDITATION & PRANAYAM**

**October 6, 7, 8 & 9**  
*7:30 pm to 9:00 pm*

**October 7, 8 & 9**  
*7:00 am to 8:00 am*

Indian Cultural Center  
*Lotus Room*



*For more information*

**Hitesh Adhia:**  
813-784-1132

**Rashmi Jakhotia:**  
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**Sri Swami Adhyatmanandaji Maharaj**

**Sri Swami Adhyatmanandaji Maharaj**

**from**

**Sivananda Ashram, Ahmedabad, India**

Swami Sri Adhyatmanandaji Maharaj is the current acharya at the Sivananda Ashram, Ahmedabad. Under his leadership and care, the ashram has blossomed into a marvelous spiritual and cultural center. People from all over the world have been highly impressed by his spiritual aura, charming multifaceted personality, boundless enthusiasm and unique efficiency. He is a powerful speaker a spiritual preceptor in India and abroad. He is well known as a yoga teacher and has conducted yoga camps for the Indian army, various universities and private enterprises.

**If you wish to have Swamiji's Bhiksha and /or home visit, please contact Rashmi Jakhotia 813-962-4172**