

# H.H. Sri Swami Adhyatmanandaji

## October 15 – 17

Gulshan and Neelam Sethi are honored that Swami Adhyatmanandaji, the Spiritual Head of The Sivananda Ashram, Ahmedabad, India, has accepted our invitation to visit Tucson.

He belongs to the lineage of Swami Sivananda and Swami Chidananda of The Divine Life Society, and has dedicated his life to the goal of spiritual enlightenment. He is an exemplary orator and has given soul-stirring discourses on the Gita, the Srimad Bhagvatam, the Upanishad, and more.

Swamiji's talks are outpourings of wisdom coming from decades of personal experiences of leading the spiritual life. Swamiji has been teaching Yoga and Pranayama (rhythmic control of breathing) for more than 30 years. His teaching of yoga is simple and filled with many useful tips. He explains the benefits of various asana postures and demonstrates each.

### Schedule of Discourses, Yoga and Pranayama workshops:

#### Bhagavad Gita in Daily Life

Wednesday, Oct. 15

7-8 p.m.

Las Candelas

401 E. Limberlost Drive

Seating is limited

RSVP at 577-2344

#### Yoga & Pranayama

*Please bring an exercise mat*

Thursday, Oct. 16

8:30-10 a.m.

The Pavilion

3705 Old Sabino Canyon Road

Seating is limited

RSVP at 577-2344

#### Science and Spirituality – How to Bridge the Gap

Thursday, Oct. 16

5:30-7:30 p.m.

Tucson Medical Center

Marshall Conference Center

5301 E. Grant Road

Seating is limited

RSVP at 324-3145

#### Yoga and Pranayama

*Please bring an exercise mat*

Friday, Oct. 17

7:30-9:30 a.m.

El Dorado Health Campus

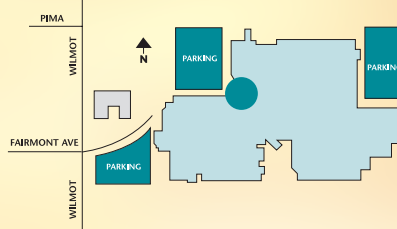
1400 N. Wilmot Road

Seating is limited

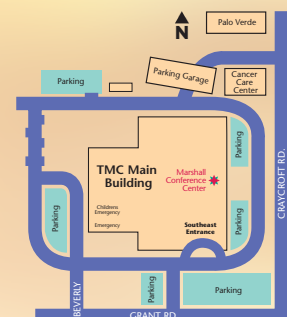
RSVP at 324-1960



#### El Dorado Health Campus 1400 N. Wilmot Road



#### Tucson Medical Center 5301 E. Grant Rd.



Program Coordinators: Gulshan Sethi, MD, Cardio Thoracic Surgery, and Mrs. Neelam Sethi