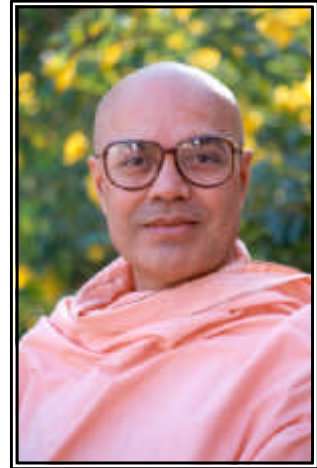

Tensions in Daily life and how to overcome it, through Yoga.

Sri Swami Adhyatmananda of Sivanand Ashram, Ahmedabad will talk on the above topic.

Swamiji, is the President of Sivanand Ashram, Ahmedabad. He has a dynamic and versatile personality and is a magnificent orator, a melodious singer and a spiritual giant. Swamiji is also a world-renowned teacher of Yoga, Pranayama and Meditation.



You are cordially invited to attend this seminar with friends.

Date : March 18, 2003

Day: Tuesday

Time: 6:30 pm to 9:30 pm

6:30 to 7:30 Dinner

7:30 to 9:30 Lecture

Rsvp: Requested, Please call Dr. Vinod Rana at 714-638-7111

Location: Diamond Palace Restaurant, Diamond Bar

Sponsored by Mr. Siddharth Shah, CPA

American Express Financial Advisor/Business Financial Advisor

2200 E. Route 66, Suite 100, Glendora, CA 91740

(626) 852-0023 or (909) 606-3052 ext.314

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