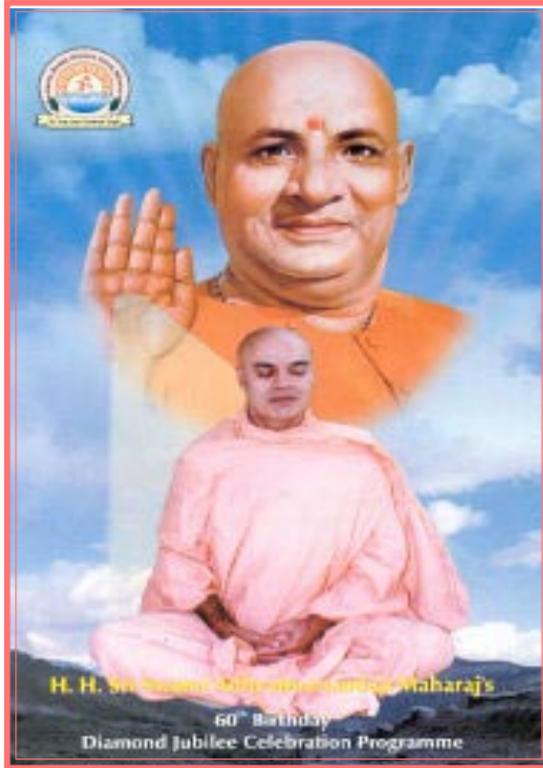


# SANATANA DHARMA TEMPLE

IS PROUD TO ANNOUNCE

## YOGA & SATSANG



### SRI SWAMI ADHYATMANANDA MAHARAJ

SIVANANDA ASHRAM & DIVINE LIFE SOCIETY, AHMEDABAD - INDIA

Sri Swami Adhyatmananda Maharaj of the Sivananda Ashram, Ahmedabad, is a beloved disciple of H. H. Sri Swami Chidanandaji Maharaj. He is a dynamic yogi having multifaceted, magnetic and versatile personality. Swamiji is one of the most sought after speakers in India and abroad. His lectures are a spontaneous outpouring of divine wisdom. Swamiji has conducted more than 600 yoga shibirs in India and abroad, for armies, universities and private sector companies.

**NOVEMBER 17, 2004 TO NOVEMBER 24, 2004**

#### YOGA

PARTICIPATE & LEARN

**FLEXIBILITIES, YOGASANAS,  
PRANAYAM (BREATHING EXERCISE),  
SURYA NAMASKAR, RELAXATION, &  
MEDITATION**

TIME:

**MORNING: 6:30 AM TO 7:30 AM**

**EVENING: 5:45 PM TO 6:45 PM**

**NOVEMBER 18 - 24, 2004**

#### DISCOURSE

ON

**“STRESS  
MANAGEMENT  
THROUGH SELF  
MANAGEMENT”**

(IN HINDI)

TIME:

**7:00 PM TO 9:00 PM**

**NOVEMBER 17 - 23, 2004**

**SANATANA DHARMA TEMPLE  
15311 PIONEER BLVD, NORWALK - CA - 90701  
562-484-0822**

FOR MORE INFORMATION PLEASE CALL:

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