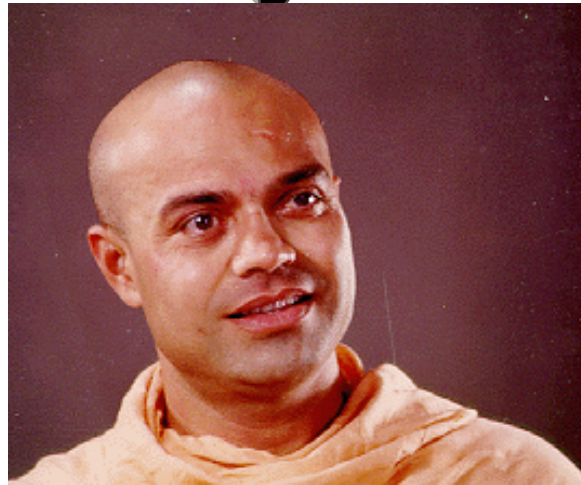


# Swami Adhyatmananda

World Renowned  
Yoga Teacher



Most Dynamic &  
Inspiring Saint

Radiating Divinity

Yogi, Gyani & Bhakta

Sri Swami Adhyatmanandaji is a dynamic monk, the president of Sivananda Ashram, Ahmedabad- India and a beloved disciple of the most revered H. H. Sri Swami Chidanandaji Maharaj. He has a multifaceted, magnetic and versatile personality and is a magnificent orator, a melodious singer and an erudite scholar. He utilizes each moment of his life to maximum for the good of maximum people. He has done immense good to the spiritual seekers all over the world. He has conducted more than 600 Yoga, Pranayam and Meditation Camps all over the world and upon His previous visits to the U.S, has inspired a number of people to seek higher goal through Spirituality and selfless service

Date	Time	Subject
Saturday, Sept 25, 2004	4.30 PM to 7.30 PM	Stress Management through Yoga, Pranayam & Meditation
Sunday, Sept 26, 2004	8.00 Am to 9.30 Am	Yoga, Pranayam & Meditation

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## Venue

82 Redwood Lane

Freehold, New Jersey 07728

Please contact: Dr. Jyoti Joshi for further information

Phone :( 732)- 462- 8938

E-mail :jdjoshi@pol.net

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