

# Yoga, Pranayam and Meditation with Swami Adhyatmananda

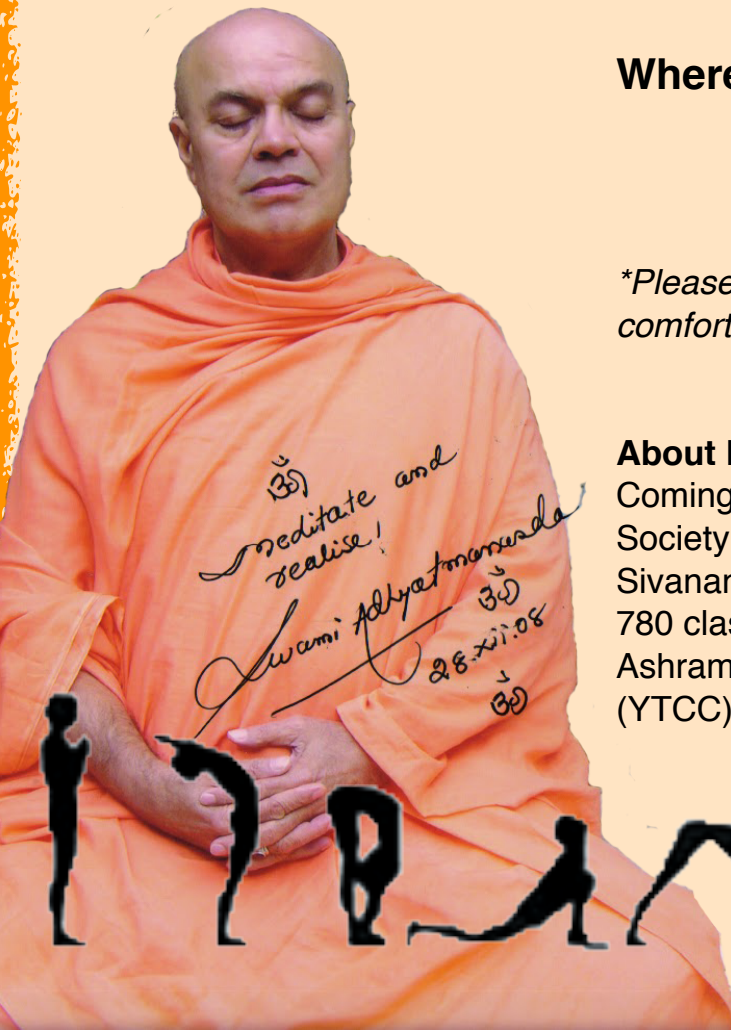
**When?** July 16, 2016 - Saturday  
9:00 am - 10:30 am

**Where?** Unique Group of Companies  
12510 Cardinal Meadow  
Sugar Land, TX 77478

*\*Please bring your own Yoga Mat and have appropriate attire that would make you comfortable with the Yogic exercises.*

## **About H.H. Swami Adhyatmananda:**

Coming from a great lineage of Holy Master Swami Sivanandaji Maharaj of The Divine Life Society - Rishikesh, Sri Swami Adhyatmanandaji Maharaj is the Spiritual Head of Sivananda Ashram - Ahmedabad. Swamiji is a great *Yogacharya*, and has conducted over 780 classes across the globe for armies, universities and corporate institutes. Sivananda Ashram - Ahmedabad runs a 20 days residential *Yoga Teacher Certification Course* (YTCC) which is recognized by Gujarat University.



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Meditate and  
realise!  
Swami Adhyatmananda  
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28.xi.08  
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