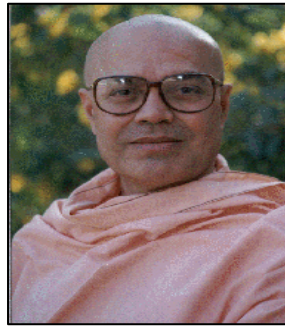


# The Hindu Temple of Toledo

Proudly presents

## Spiritual retreat and Yoga Workshop

Wednesday, June 29<sup>th</sup> to Thursday 30<sup>th</sup> 2016



Coming from a great lineage of Holy Master Sri Swami Sivanandaji Maharaj and a disciple of Sri Swami Chidanandaji Maharaj, **“Sri Swami Adhyatmanandaji”** will be in Toledo area from June 29<sup>th</sup> and 30<sup>th</sup>, 2016. Swamiji’s Morning Yoga Sessions and evening satsangs are organized by The Hindu Temple and Heritage Hall of Toledo. His simple and powerful teaching of Yoga way of living is much appealing to people everywhere, He goes. He is a tireless karma yogi, who utilizes every second of his day in rendering the highest service to Mankind. He has conducted over 700 Yoga, Pranayam & Meditation camps all over the globe. Swamiji has inspired thousands of his devotees to donate blood and He has donated blood 117 times mainly for the armed forces. Swamiji is a Spiritual head of Sivananda Ashram, Ahmedabad, Gujarat, India.

| Date                                      | Time                                  | Event                        | Subject  |
|---|---------------------------------------|------------------------------|--|
| Wednesday<br>June 29 <sup>th</sup> , 2016 | 7:00 PM - 8:30 PM                     | Discourse 1                  | Significance of<br>Hanuman Chalisa &<br>Application in daily life                  |
| Thursday<br>July 30 <sup>th</sup> , 2016  | 7:00 AM - 8:00AM<br>7:00 PM - 8:30 PM | Yoga Workshop<br>Discourse 2 | Yoga-Pranayam<br>Significance of<br>Hanuman Chalisa &<br>Application in daily life |

For further information and for inviting Swamiji for Bhiksha please call the coordinators:

**Event Coordinators:**

**Bindu Mistry**

**419-704-1964**

**Bina & Rajesh Laungani**

**419-824-9771**

**The Hindu Temple of Toledo**  
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