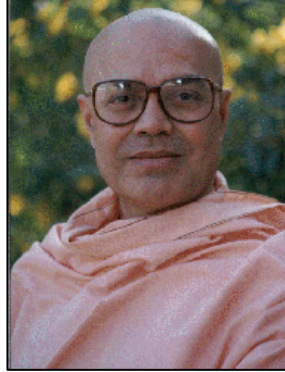


# The Hindu Temple and Heritage Hall of Toledo

proudly presents

**Spiritual Retreat and Yoga Workshop**  
Sunday, October 21<sup>st</sup> to Wednesday October 24<sup>th</sup>, 2018



**“Sri Swami Adhyatmananda”** will be in the Toledo area starting Sunday October 21<sup>st</sup> through Wednesday October 24<sup>th</sup> 2018 morning. 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 very appealing to people everywhere. 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 world. Swamiji has inspired thousands of his devotees to donate blood and He has donated blood 117 times mainly for the armed forces. Coming from a great lineage of Holy Master Sri Swami Sivanandaji Maharaj and a disciple of Sri Swami Chidanandaji Maharaj, Swamiji is the Spiritual leader of Sivananda Ashram, Ahmedabad, Gujarat, India.

Date	Time	Event	Subject
Sunday October 21 <sup>st</sup> 2018	7:00 PM - 8:15 PM	Discourse 1 (English)	Essence of Kena Upanishad
Monday October 22 <sup>nd</sup> 2018	7:00 AM - 8:00AM	Yoga/Pranayam and Meditation Workshop1	
	7:00 PM – 8:15PM	Discourse 2 (English)	Essence of Katha Upanishad
Tuesday October 23 <sup>rd</sup> 2018	7:00 AM - 8:00AM	Yoga/Pranayam and Meditation Workshop2	
	7:00 PM – 8:15PM	Discourse 3 (English)	Essence of Mandukya Upanishad
Wednesday October 24 <sup>th</sup> 2018	7:00 AM - 8:00AM	Yoga/Pranayam and Meditation Workshop3	

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

**Event Coordinators:**      **Bindu Mistry**      **419-704-1964**  
                                         **Rajesh Laungani**      **419-824-9771**  
                                         **Pt. Anant Dixit**      **419-843-4440**

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