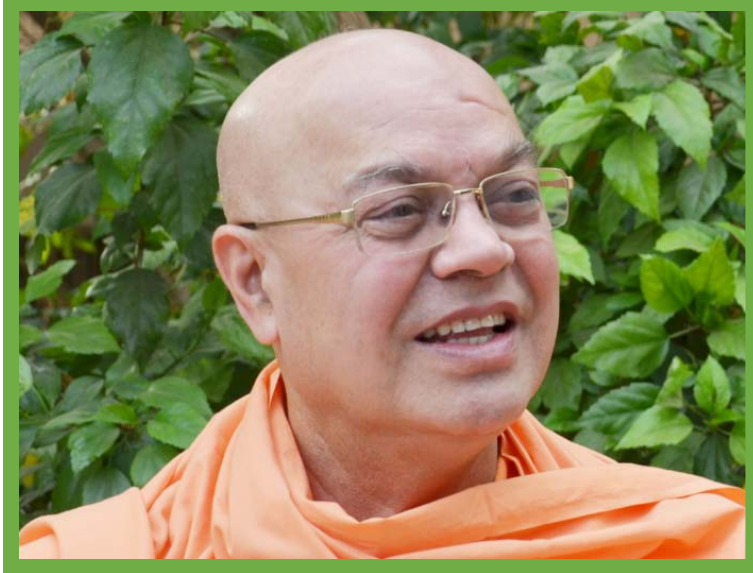


Sri Swami Adhyatmanandaji Maharaj

is with us in Troy, Michigan and has graciously agreed to **conduct YOGA** practice-sessions for our community's health and well-being; Please Attend These Useful Sessions



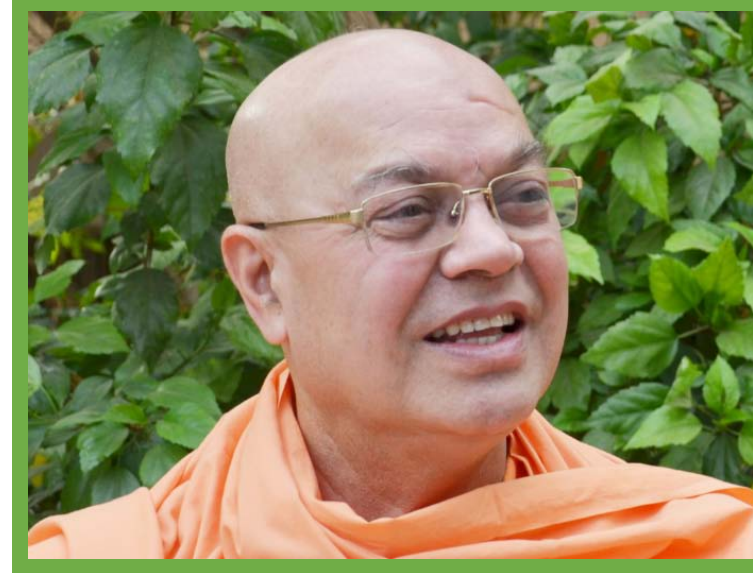
You are invited to learn & practice YOGA with Swamiji

- Learn & Practice Yoga & Meditation with Swamiji in Troy, Michigan **at The Bhartiya Temple 6850 North Adams Road Troy, MI 48098 (New-Multi-Purpose Hall)**
- **October 19th Through Oct 21st, 2018 (Friday, Saturday, and Sunday)**
Time: Mornings 7:30 AM to 9:00 AM
- Sessions are Free & No previous knowledge or experience of Yoga is required.

Learn to fit in “yoga” in your day!

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Sri Swami Adhyatmanandaji Maharaj's Program in Troy, Michigan Oct 18-21, 2018

Swamiji's Schedule in Troy, MI. October 18 - 21, 2018

| Thursday, Oct. 18 2018 | Friday, Oct. 19 2018 | Saturday, Oct. 20 2018 | Sunday, Oct. 21 2018 |
|-------------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|
| 9:30 am Pick up from the Airport | 7:30 - 9:00 pm Yoga at the Bhartiya Temple New Multi Purpose hall | 7:30 - 9:00 pm Yoga at the Bhartiya Temple New Multi Purpose hall | 7:30 - 9:00 pm Yoga at the Bhartiya Temple New Multi Purpose hall |
| 10:30 - 12:00 pm Rest, have some breakfast | 9:30 - 5:00 pm Anil/Meera Residence | 9:30 - 10:30 am Rashmi/Suneel Sekhri Breakfast (Private time) | 9:30 - 10:00 am Shastriji to welcome Swamiji |
| 12:30 - 2:00 pm Arvindji Patels Residence for Lunch | 5:30 - 9:00 pm Dusshera Puja, Prasaad Satsang - 8:00 - 9:00 pm | Open | 10:30 - noon Breakfast at Anil/Meera |
| 2:30 - 7:00 pm Meetings/Rest at Trillium Drive - Dinner with us at 6:00 pm | | | Noon - Depart for Toledo |
| 7:30 - 9:00 pm Jagmohan/Jaishree residence (Private time) | | | |