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## Renowned Swami Returns To Toms River



**Community Medical Center groundskeeper, Master Sri Swami Adhyatmanandaji of India, Mayor Thomas F. Kelaher and Dr. Nick Mehta plant a tree at the local hospital during the Yoga guru's visit to Toms River on June 13.**

TOMS RIVER - Assisting a renowned swami plant a tree at Community Medical Center was one way in which Mayor Thomas F. Kelaher partook in the local hospital's second Yoga seminar.

Last September, the mayor sat Indian style and lit a lamp of knowledge under the direction of Master Sri Swami Adhyatmanandaji of India; however, June 13, the mayor got his hands dirty planting a tree on the premises along with the swami and Dr. Nick Mehta, who organized the seminar that focused on mediation, Pranayam, breathing exercises and Yoga positions, which assist in healing specific health conditions including diabetes, hypertension, arthritis, back pain and anxiety.

"I was pleased to be able to welcome Swami Adhyatmanandaji to Toms River once again and thank him for inspiring the participants of Yoga," said Mayor Kelaher of the two-session seminar that drew out 100 able-bodied attendees. "All of the participants were so impressed not only by the swami's charming personality, but his worldwide reputation."

According to Mehta, after traveling across the world to Toms River, Adhyatmanandaji had a concerned look on his face last September when he was given a beautiful bouquet of flowers as a gesture of thanks from Community Medical Center, asking, "Why cut the flower and the fruit of the plant from which it came from...Only to admire it?"

This year he asked if officials and he could plant a tree rather than prune flowers for his pleasure. "It will continue to grow and bloom and give back to its environment so that all may enjoy it, both people and animals," said Adhyatmanandaji of the flourishing green tree placed in moist soil.

Mehta said the planting the tree "really opened everyone's hearts and minds to the idea, that you can give loving gestures to one another without taking from the environment."

"The swami has planted more than 10 million trees worldwide and his acts are a wonderful example of how just one person with an open heart and mind can make a huge difference in this world," added Mehta.

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