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Swami to lead workshops

By [Jessica Ravitz](#)
The Salt Lake Tribune

It's not every day that a world-renowned swami swings through Utah, but next weekend Swami Adhyatmanandaji will do just that.

"Swamiji," as he's also called, is president of Sivananda Ashram in Ahmedabad, India. In the past 35 years of his monastic life, he's inspired millions with his teachings. He's traveled the globe, leading workshops - including yoga, meditation and pranayam, or breathing exercises - and offering blessings and spiritual talks.

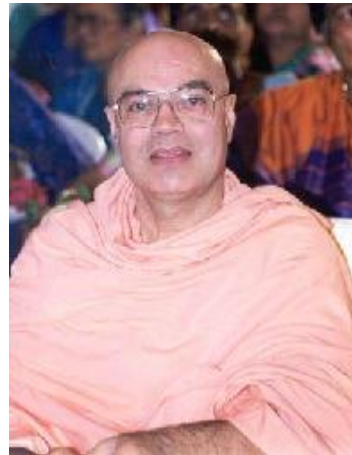
Padma Shah, a volunteer from India who's in Utah to help coordinate Swamiji's visit (and visit her daughter), said he's a "one-man show" who once led a yoga camp, by himself, for 6,000 people. On top of his spiritual gifts, Shah credits the yogi's warm personality, humor and smarts - Swamiji speaks 15 Indian languages, not to mention perfect English - with his success. She said his teachings, which will focus on "how you get peace of mind in this busy life," and his presence are an opportunity Utahns shouldn't miss.

"The more people who can take advantage of this the better," Shah said.

Swamiji's visit is part of the Divya Tour 2006, in which Shah says he's offering workshops in 13 states. His Utah trip will include four separate free workshops that are open to the public, regardless of experience or background. See the accompanying information box for details.

jravitz@sltrib.com

Workshops with Swami Adhyatmanandaji



Swami Adhyatmanandaji

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Aug. 5 from 7 to 8:30 a.m.:
Yoga, pranayama (breathing exercises) and meditation

Aug. 5 from 4 to 6 p.m.: Stress management through yoga

Aug. 6 from 7 to 8:30 a.m.: Yoga, pranayama (breathing exercises) and meditation

Aug. 6 from 4 to 6 p.m.: Gita (Hindu scripture) in daily life

- All workshops will be at the Sri Ganesh Hindu Temple of Utah, 1142 W. 10400 South, South Jordan. The sessions are free and open to the public, but to reserve a space, contact Padma or Resham Shah at 801-486-1619. Donations are welcome.
- To learn more about Swami Adhyatmanandaji, the Divya Tour 2006 or Sivananda Ashram, visit <http://www.divyajivan.org>. On the left side, there's a link to a page about the swami.
- Please bring a yoga mat to the sessions, if you have one.

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