

# Sri Swami Adhyatmananda

## Yoga, Meditation, and Spiritual Discourse In the mountains of Ruidoso, New Mexico August 1 to August 4, 2006

Swamiji is a dynamic monk, the president of the Sivananda Ashram, Ahmedabad (India), and a disciple of Sri Swami Chidananda. He is currently on a two month US summer tour. Swamiji is world renowned for Yoga, Meditation, and Pranayama camps and has conducted more than 660 yoga camps all over the world. He can converse in 15 Indian languages, as well as having a strong command of the English language. His teachings have touched and inspired millions of listeners in the last 35 years of his monastic life. Swamiji is a master organizer, prompt, precise, and punctual. He stresses the need for maintaining self-discipline and urges all participants not to shy away from yoga, as it could cure many serious ailments. He is not only the beating heart of Sivananda Ashram, but he resides in the hearts of millions of his devotees all around the world.

Please join The Yoga Studio of Ruidoso in welcoming Swamiji on his first visit to New Mexico.

### MORNING WORKSHOPS – FREE OF CHARGE

All morning workshops will be held at The Yoga Studio, Ruidoso

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**WEDNESDAY, AUGUST 2 6:00-8:00AM**  
Yoga, Pranayama, and Meditation

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**THURSDAY, AUGUST 3 6:00-8:00AM**  
Yoga, Pranayama, and Meditation

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**FRIDAY, AUGUST 4 6:00-8:00AM**  
Yoga, Pranayama, and Meditation

### EVENING SPIRITUAL DISCOURSE – FREE OF CHARGE

All evening teachings will be held at The Yoga Studio, Ruidoso

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**TUESDAY, AUGUST 1 7:00-8:30PM**  
Meditation: Theory and Technique

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**WEDNESDAY, AUGUST 2 7:00-8:30PM**  
Yoga: A Way of Life

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**THURSDAY, AUGUST 3 7:00-8:30PM**  
Stress Management through Yoga

### SPIRITUAL DAY RETREAT – \$50 PER DAY Day Retreats will be held at San Patricio Retreat Center

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**WEDNESDAY, AUGUST 2 10:00AM-4:00PM**  
A full day to be in the presence of and soak up the teachings of Swami Adhyatmananda:  
Yoga, Meditation, Question and Answer, Relaxation, Yogic Lifestyle

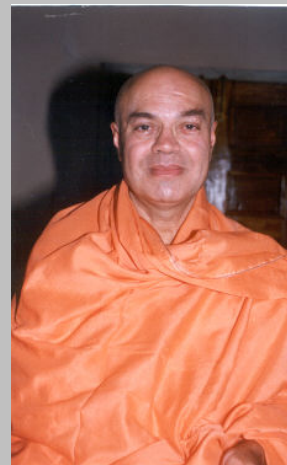
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**THURSDAY, AUGUST 3 10:00AM-4:00PM**  
A full day to be in the presence of and soak up the teachings of Swami Adhyatmananda:  
Yoga, Meditation, Question and Answer, Relaxation, Yogic Lifestyle

**Retreat participants are asked to bring a vegetarian dish to share for a potluck lunch.**

Cost is \$50 per day. Please pre-register with Myra Romero. Phone 505-336-8143.

Checks can be mailed to: PO Box 164 Alto, NM 88312



### SCHEDULE AT A GLANCE

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**TUE AUG 1**  
7:00-8:30pm Discourse TYS

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**WED AUG 2**  
6:00-8:00am Yoga, Pranayama,  
and Meditation TYS

10:00am-4:00pm Day Retreat  
San Patricio Retreat Center

7:00-8:30pm Discourse TYS

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**THU AUG 3**  
6:00-8:00am Yoga, Pranayama,  
and Meditation TYS

10:00am-4:00pm Day Retreat  
San Patricio Retreat Center

7:00-8:30pm Discourse TYS

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**FRI AUG 4**  
6:00-8:00am Yoga, Pranayama,  
and Meditation TYS

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**TYS = The Yoga Studio  
2810 Sudderth, Ste 207  
Ruidoso, New Mexico**

The Yoga Studio is located in the Pinetree Square, near the intersection of Sudderth and Mechem in Ruidoso. The studio is next door to TCBY, upstairs.  
Visit [www.yogainthepines.com](http://www.yogainthepines.com)

**San Patricio Retreat Center**  
is located in the Hondo Valley, 20 miles east of Ruidoso, and 50 miles west of Roswell, on US Highway 70. Overnight lodging with meals is available at the retreat center. Contact (505) 653-4937.  
Visit [www.sanpatricioretreatcenter.com](http://www.sanpatricioretreatcenter.com)

### FOR INFORMATION

#### CONTACT:

Myra Romero

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505-336-8143