



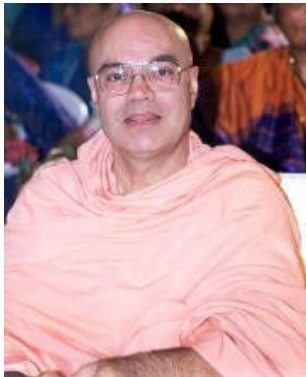
Shiv Mandir of Atlanta

## Invitation

Effective  
Stress management  
through  
YOGA



A talk by  
**Swami Adhyatmananda**  
President, Sivananda Ashram,  
Ahmedabad



Swami Adhyatmananda, who has travelled around the world, holding yoga and meditation courses, says that in their quest for peace and tranquility, foreigners have found the ultimate answer in yoga. He is a disciple of Swami Chidananda of Sivananda order. In addition to spiritual teaching, yoga and meditation, Swamiji is actively involved in charitable work benefiting the poor and needy.

Where: **Shiv Mandir**

**Global Mall**

**5675 Jimmy Carter Blvd.,  
Norcross, GA 30071**

When: **Saturday, Sept. 27, 2008**

**At 11.00AM**



Swami Sivananda

Swami Chidananda

What: Now a days we all face a lot of stress, and that stress can contribute to a negative cycle of slowed productivity, feelings of guilt, and stress for the entire family. It is said 80 per cent of the modern diseases were related to stress and four to five per cent of the population was suffering from anxiety.

Sri Swami Adhyatmanandaji has a good knowledge of anatomy and Physiology and so is able to explain the benefit of yoga in a scientific manner. As such this lecture on "Stress Management through Yoga" will be of benefit to all sections of the general public, especially because Swamiji treats a subject from the point of view of therapeutics, meaning thereby, the disease curing properties and results of yoga practice.

For more details contact:

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