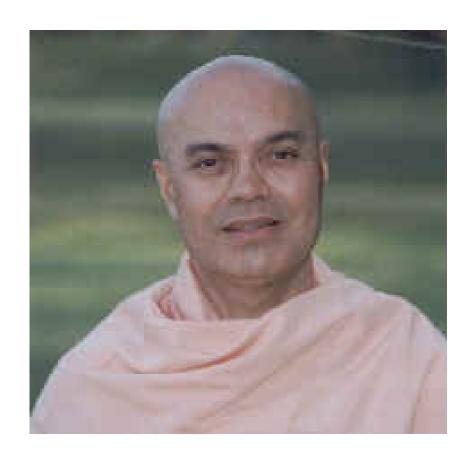
## H. H. Sri Swami Adhyatmanandaji's Program in Troy, MI

- Start your journey towards wellness Commit to this 4-day Session of de-stress and healing with balanced breathing and stretches
- Free sessions will be held at the Troy Community Center from 6:00AM to 7:15 AM on Friday Nov 7 Monday Nov 10 Tuesday Nov 11 Wednesday Nov 12
- **Address/ Directions:**On Livernois just north of Big Beaver

Troy Community Center - <u>Studio B</u> 3179 Livernois Troy, MI 48083

For more information, Contact: Neil Lal at 248-229-6407 or email: neil@netlink.com

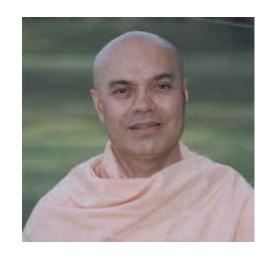


## H. H. Sri Swami Adhyatmanandaji's Spiritual Guidance & Meditation Sessions (Nov 6 – Nov 12) Evenings

- We are very pleased to inform you that Sri Swami Adhyatmanandaji Maharaj of Sivananda Ashram, Ahmedabad will be visiting Detroit Michigan from November 6 to November 12 2008. You & your family is cordially invited to attend a series of spiritual sessions starting with the
  - At the Bhartiya Temple First program on November 6 (Thursday) from 6:30PM to 8:30 PM in Troy. Topic: Krishna Consciousness & the theory and practice of karma-yoga
  - At Sri Balaji Vedic Center
     Nov 8th 2008: Saturday, 7:00 pm 8:30 pm
     Topic: Service above Self / Path of selfless service Guidance from Lord Krishna (CH. 3) & Lord Hanuman
  - At Sri Balaji Vedic Center Nov 9th 2008: Sunday, 7:00 pm - 8:30 pm Topic: Krishna Consciousness & the theory and practice of karma-yoga
  - ➤ At Sri Balaji Vedic Center Nov 10th 2008: Monday, 7:00 pm - 8:30 pm Topic: The Purpose of Incarnation of God

## **Address/ Directions:**

- Bhartiya Temple: Nov 6 On Adams Road North of Square Lake Troy, MI
- > Sri Balaji Vedic Center: Nov 8,9, and 10: is located on East Big Beaver / Metro Park Way / 16 Mile just One Block of East of Dequindre Road, on the North Side of Big Beaver Road in an office building (Next to Bank of America).



For more information,
 Contact:
 Neil Lal at 248-229-6407 or email: neil@netlink.com