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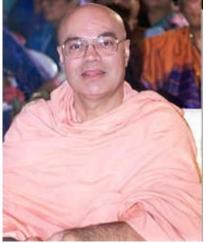
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Swami Adyatmananda on US tour



Chicago: Swami Adhyatma-nanda, a world-renowned yoga teacher, is on the US tour for three months starting from Chicago on August 19. Yoga and spiritual discourses are being organized all cross the US. Swamiji's itinerary during the tour will also take him to Canada and the UK besides a dozen more cities in the US.

Swamiji belongs to a great lineage of Swami Sivananda and Swami Chidananda of Divine Life Society, Rishikesh, India, and has dedicated his life to the goal of spiritual enlightenment. Swamiji is a living example of the teaching of Gurudev Swami Sivananda and integrates the cultivation of head, heart and hands through pursuits of knowledge, devotion and selfless service respectively. He is a yogi, Vendantin and devotee all in one. He is an exemplary orator and has given soul-stirring discourses on the Gita, the Srimad Bhagvatam, the Upnishad, etc. Swamiji's talks are wisdom outpourings coming from decades of personal experiences of leading the spiritual life. Swamiji has been teaching yoga for more than 30 years. His yoga classes are always crowded as his teaching of yoga is simple and filled with many useful tips. He explains the benefits of various asana postures and demonstrates each.

Swamiji has been the spiritual head of Sivananda Ashram, Ahmedabad, over a decade. In addition to spiritual teaching, yoga and meditation, the center is actively involved in charitable work benefiting the poor and needy. Swamiji

has inspired thousands of his devotees to donate blood and he has donated blood 117 times mainly for the armed forces.

For more information about Swamiji's program, please call 630-530-5950 or e-mail to divya.tour-@gmail.com or

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