



The Yoga Studio of Ruidoso welcomes
Swami Adhyatmananda
of Sivananda Ashram, Ahmedabad, India
October 13-15, 2008

Classes held at The Yoga Studio
2810 Sudderth Drive, Suite 207 (upstairs) • Ruidoso, New Mexico
Contact: Myra Romero at 575-937-0049

Sri Swami Adhyatmananda Saraswati is a Hindu monk belonging to the lineage of Sri Swami Sivananda and Sri Swami Chidananda of Divine Life Society, Rishikesh, India and has dedicated his entire life to the goal of spiritual enlightenment. Swamiji heads the Sivananda Ashram in Ahmedabad, India. This is his second time to Ruidoso, New Mexico. His mantra in life is: "I get my bread from society and so every drop of my blood is to be given back." Swami Adhyatmananda has donated blood 117 times, mostly for armed forces.

Swamiji, 64 years of age, has conducted almost 700 yoga camps throughout the world and has trained thousands of students in Yoga, Pranayama, and Meditation. Swamiji's talks are wisdom outpourings, interspersed with great educative humor.

Schedule of Teachings

All classes and teachings are offered by donation.

Checks can be made out to "Divya Jivan Sanskrutik Sangh."

Monday, October 13

5:30-7:00 PM

Pranayama practice and teaching on
Karma Yoga: Work and Action for Progress

Tuesday, October 14

7:00-9:00 AM

Yoga, Pranayama, and Meditation

5:30-7:00 PM

Pranayama practice and teaching on
Awakening the Self

Wednesday, October 15

7:00-9:00 AM

Yoga, Pranayama, and Meditation



Please arrive at least 10 minutes early for seating purposes.

Swamiji begins classes promptly. Bring a yoga mat or blanket for morning yoga session,
and bring a cushion for evening pranayama and talk.