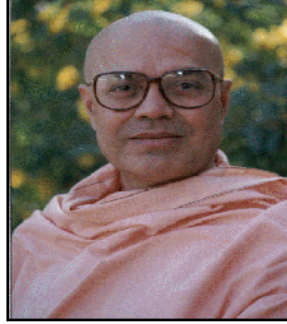


Hindu Temple and Heritage Hall of Toledo

4336 King Road
Sylvania OH 43560-9724
(419) 419-843-4440
www.hindutempleoftoledo.org

Spiritual retreat and Yoga Workshop



Coming from a great lineage of Holy Master Sri Swami Sivanandaji Maharaj and a disciple of the Most Revered and Worshipful Sri Swami Chidanandaji Maharaj, Sri Swami Adhyatmanandaji will be in Toledo area from September 17, 2008 to September 20, 2008. Swamiji's Morning Yoga Sessions and evening satsangs are organized by The Hindu Temple and Heritage Hall of Toledo. His simple and powerful teaching of Yoga way of living is much appealing to people everywhere, He goes. He is a tireless karma yogi, who utilizes every second of his day in rendering the highest service to Mankind. He has conducted over 690 Yoga, Pranayam & Meditation camps all over the globe. Swamiji has inspired thousands of his devotees to donate blood and He has donated blood 117 times mainly for the armed forces. Swamiji is a Spiritual head of Sivananda Ashram, Ahmedabad.

Date	Time		Subject
Wednesday September 17, 2008	7:15 PM to 8:30 PM	Discourse	Bhagavad Gita in daily life
Thursday September 18, 2008	6:30 AM to 7:30AM 7:15 PM to 8:30 PM	Yoga Workshop Discourse	Yoga Vedanta in daily life
Friday September 19, 2008	6:30 AM to 7:30AM 7:15 PM to 8:30 PM	Yoga Workshop Discourse	Yoga Introduction to Ishopnishad
Saturday September 20, 2008	6:30 AM to 7:30AM 10:30AM- 12:00PM	Yoga Workshop Discourse	Yoga Saints of India
Sunday September 21, 2008	6:30 AM to 7:30AM 11:00 AM-12:15PM	Yoga Workshop Discourse	Yoga Glory of Nam Smaran

For further information please call the coordinators:

Event Coordinators: Smt. Bindu Mistry 419-841-1808
Rajesh Laungani 419-824-9771
Punditji Anant Dixit 419-843-4440