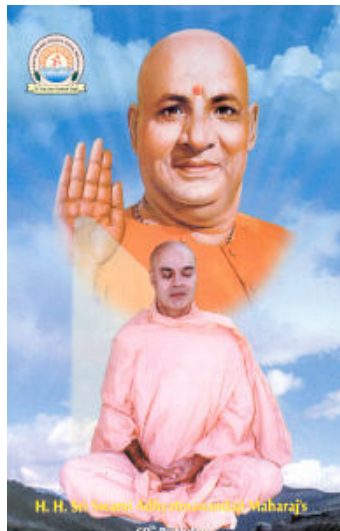


Swami Adhyatmananda's Programs in Chicago Area



Coming from a great lineage of Holy Master Sri. Swami Sivanandaji Maharaj and a disciple of Most Worshipful and Revered Gurumaharaj H.H. Sri. Swami Chidanandaji Maharaj, Sri. Swami Adhyatmanandaji will be in Chicago and conduct morning Yoga sessions at Hindu Temple of Greater Chicago and evening spiritual discourses at various organizations from Nov 11, 2004 to Nov 15, 2004. Swamiji is a spiritual head of Sivananda Ashram, Ahmedabad and a dynamic Yogi with a multifaceted and vibrant personality . His Guru-Bhakti is unparalleled. For more than a quarter of a century, he has been incessantly spreading the Divine Message of Holy Master Sri Swami Sivanandaji Maharaj. He utilizes each moment of his life to maximum for the good of maximum people. Swamiji has conducted more than 600 Yoga, Pranayama and Meditation camps all over the world.

Date	Time	Location	Subject
Monday Nov 8, 2004	7.30 PM to 9.00 PM	Spiritual Life Foundation ¹	New Beginning
Tuesday Nov 9, 2004	6.00 AM to 7.30 AM	HTGC ²	Yoga, Pranayama & Meditation
	7.00 PM to 9.30 PM	Orchard Brook Club House ³	Meditation, a Gateway to Bliss
Wednesday Nov 10, 2004	6.00 AM to 7.30 AM	HTGC ²	Yoga, Pranayama & Meditation
	7.30 PM to 8.30 PM	Indian American culture Center ⁴	Yoga , a way of Life
Thursday Nov 11, 2004	6.00 AM to 7.30 AM	HTGC ²	Yoga, Pranayama & Meditation
	7.30 PM to 8.30 PM	Home Satsang ⁵ Indiraben & Kiran Shah	Daily Sadhana – Food for the Soul
Friday Nov 12, 2004	6.00 AM to 7.30 AM	HTGC ²	Yoga, Pranayama & Meditation
	7.30 PM to 9.00 PM	Hari Om Mandir ⁶	Diwali Message
Saturday Nov 13, 2004	6.00 AM to 7.30 AM	HTGC ²	Yoga, Pranayama & Meditation
	10.00 AM to 1.00PM	Northeastern Illinois University ⁷	Yoga, a Way of Life
	2.00PM to 3.00PM	Gayatri Mandir ⁸	New-Year Message
	4.00PM to 5.00PM	Hindu Temple of Lake County ¹⁰	New- Year Satsang
Sunday Nov 14, 2004	6.00 AM to 7.30 AM	HTGC ²	Yoga, Pranayama & Meditation
	10 AM to 11.30 AM	Home Satsang	Gita in Daily Life
	12.30 PM to 1.30 PM	Hari Om Mandir ⁵	How to Cultivate Peace of Mind
	5. 00 PM to 7.00 PM	Sri Aurbindo Center ⁹	Japa Sadhana
Monday Nov 15, 2004	6.00 AM to 7.30 AM	HTGC ²	Yoga, Pranayama & Meditation

1. Spiritual Life Foundation
807 Wildwood Court
Oak Brook, IL 60523
(630) 530-5950

2. Hindu Temple of Greater Chicago
10915 Lemont Road
Lemont, IL 60439
(630) 972-0300

3. Orchard Brook Club House
1089 35th Street
Downer's Grove, IL 60515
(630)541-1472

4. Indian American Cultural Center, Indiana
8605 Merrillville Road
Merrillville, In-46410
(219) 322-7268

5. 1011 Bette Lane
Glenview , IL 60025
(847)730-6026

6. Hari OM Mandir
(630) 980-0900

7. Northeastern Illinois University
5500 N. St. Louis Ave
Chicago 60091

8. Gayatri Parivar
(847) 692-7712

9. Sri Arbindo Center
1013 N. Khun Rd
Carol Stream IL 60188
(630) 871-9813

10. Hindu Mandir of Lake County
20444 w. Peterson Rd
Grayslake, IL

For Bhiksha and Satsnag at home please contact Minal Naik: (630) 530-5950
Please visit the website for more information: <http://www.divyajivan.org/visit2004/>