



Swamiji Shrutpragya

Hindu Temple of Toledo

Monday, May 22 to Wednesday, May 24

Brief Bio of Swamiji

- Founder of *Peace of Mind Foundation* (Rajkot, Gujarat.)
- Took Sanyasa on Dec. 12, 1986 at the age of 20.
- Has traveled extensively over the past two decades within U.S.A., Japan, Australia, South Africa, England, Russia and several other Asian Countries.
- Invited to several prominent Universities like Oxford, Cambridge, London, Hawaii and Berkeley.
- Has conducted thousands of Yoga and Meditation seminars and has trained thousands of people in the subject.
- Provides training to Youths and teenagers in various subjects of life, e.g. Personality development, body language, mind power, memory development and spiritual life style.
- Has published several articles in different newspapers in India and has authored over 15 books.

Swamiji's Schedule

Time	Monday, May 22	Tuesday, May 23	Wednesday, May 24
8-9 AM		Yoga & Meditation techniques	Yoga & Meditation techniques
8-9 PM	Discourse on <i>Stress Management</i>	Discourse on Anger Management	Discourse on <i>How to Lead a Healthy Life?</i>

All events will be held at Hindu Temple of Toledo. For any questions about this event, please contact Pandit Anant Dixit at the Temple (419 843 4440) or Saumin & Sangeeta Mehta 419-885-0051 or saumin@buckeye-express.com