

Spirit of India (NSW) Inc. # 9881697

Not for Profit organization conducting following events
Contact : spiritofindia2002@yahoo.com, (M) 0412 202 182 Suresh

Event 1

Celebration of

International Day of Yoga

Date: Sunday 24th June 2018

Venue: Ermington Community Centre

Session 1: **Sun Salutation 108**

Morning: 7.00 to 9.00 am

Bring Yoga mat, Breakfast served.

Session 2: Ayurveda in Daily Life

Time: 10.00 am to 1.30 pm

Presentation: Dr Rajkumar

FREE Admission: **Registration must**

Event 2

Lecture Series on

RAMAYANA – a Manual to Master your Life

Presenter: LIFE MASTERY FOUNDATION

Swami Angajan

Date: June 25, 26, 27 & 29

Every Day Evening 7.30 to 9.00 pm

Venue: **Quakers Hill High School**

FREE Admission: *All are Welcome*

Event 3

Youth Workshop

A Day Retreat (Age 13 to 20 years)

Brighten your Future

Presenter: **Swami Angajan**

Date: Saturday 30th June 2018

Time: 9.30 to 4.00 pm

Venue: **Quakers Hill High School**

FEE: \$ 50.00 (Includes snacks, meal
and Course material)

Registration must

Event 4

Ayurvedic Management of Life Style Disease Series

Presenter: Dr Rajkumar Sharma

Venue: Dundas Community Centre

Time: Daily **7.00 pm to 9.00 pm**

Friday 6th July: **Diabetes**

Saturday 7th July: **Heart Attack**

Sunday 8th July: **High BP**

Tuesday 10th July: **Arthritis**

FREE Admission: **Registration must**

For More Information & Registration:

Call Suresh **0412 202 182**

Visit www.spiritofindia.org or email spiritofindia2002@yahoo.com