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यथेमां वाचं कल्याणीमावदानि जनेभ्यः ।

“ I'm revealing this Holy Word of Knowledge for the Benefit of all humanity .”(Yaj:26.2)

**Arya Samaj Markham**  
***Cordially invites you and your family***  
***To participate in a Science of Yoga Sessions***  
***With Meditation***

***When?***

***Wednesday – July 14, 2010 @ 7:30 p.m.-9:00 p.m.***

***Wednesday- July 21, 2010 @7:30 p.m.-9:00 p.m.***

***Sessions Presenter is Dr. Harish Chandra***  
***Vedic Paracharak and Scientist and writer of several books.***

**Two Days session of Spiritual Enlightenment from our**  
**Shastras:- Vedas, Upanishads, and Yoga Darshana**

**Where: 4345 -14<sup>th</sup> Ave , Markham, Ontario L3R 0J2**  
**Phone: 905-475-5778**

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**Topics include:-**

**-Yoga Sutras from**  
**Patanjali and the Rig**  
**and Yajur Vedas.**

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**Meditation and Upsana Training Sessions**