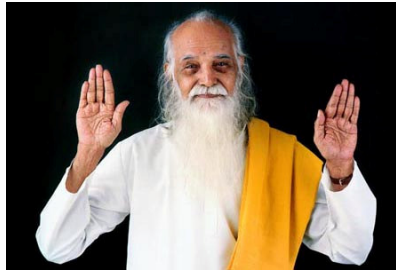


Vazhga Vaiyagam!



Vazhga Valamudan!

**Shri Vethathiri Maharishi**

May the whole world enjoy Prosperity, Happiness & Peace

*Whatever may be your problem, this proven course  
will guide and train you to face and to solve the problems*

*Feel the Bio-Magnetism & Life force in you  
Reveal your inner Potential  
Transform yourself at all levels Physical, Mental, Social & Spiritual*

Shri Vethathiri Maharishi's Simplified Kundalini Yoga (SKY) System offers  
**"Personality Development Program (in English)"**  
For all, beyond the barriers of Race, Religion, Nationality & Gender

SN	Course Contents	Timings
1	<b>Simplified Physical Exercises</b> <ul style="list-style-type: none"><li>•Extremely simple, based on bio-magnetism</li><li>•No pain or strain</li><li>•Ages from 7 to 70 can learn and benefit</li><li>•Ensures full physical fitness</li><li>•Provides exercises to the internal organs</li><li>•Preventive and Curative to many diseases</li></ul>	<b>Saturday, September 27, 2008 &amp; Sunday, September 28, 2008  10:00 AM to 6:00 PM</b>
2	<b>Kayakalpa Yoga</b> <ul style="list-style-type: none"><li>•An ancient Siddha Practice for anti-aging</li><li>•Rejuvenates the whole body</li><li>•Improves memory &amp; Enhances vitality</li><li>•Magnetic personality</li><li>•Develops immunity against diseases</li></ul>	
3	<b>Meditation</b> <ul style="list-style-type: none"><li>•A unique technique to observe and feel the life energy</li><li>•Reduces mental frequency</li><li>•Brings calmness to mind and body</li><li>•Develops willpower, improves power of concentration</li><li>•Reduces tension, stress and negative emotions</li><li>•Leads to spiritual perfection</li></ul>	

**Venue: Bailey recreation center**  
36651 Ford Road  
Westland, MI 48185  
Contact: **Keerthi (313-657-3268)** or **Ananth (734-765-4972)**  
(for Pre-registration and details)

Email to: [skydetroit@gmail.com](mailto:skydetroit@gmail.com) More Info@ [www.skydetroit.org](http://www.skydetroit.org)

**Official Website: [www.vethathiri.org](http://www.vethathiri.org)**