

# **HH SWAMI BODHANANDA**

speaks on

## **SPIRITUALITY AND WELL-BEING**

on

Saturday, 2<sup>nd</sup> May 2009

10.30am to 12.00pm

### **Venue**

Sampurnah at EVOMA  
#14, Bhattarahalli, Near Garden City College,  
Old Madras Road, K R Puram  
Bangalore 560 049

Site map: <http://www.evoma.com/map.html>

### **Organised by**

Sampurnah Centre for Holistic Health and Personal Growth  
& Sambodh Foundation, Bangalore

## **YOU ARE CORDIALLY INVITED**

### **Theme**

Wellbeing is an experience which encompasses physical, environmental and spiritual aspects. The individual is a composite of these dimensions. Hence the creation of well-being interventions and disciplines on all these levels are necessary in the context of the dynamics of social living. The spirit is the foundation of human experience. When the human lives in full awareness of his/her spirit and potentialities s/he will be able to invoke enough energy and enthusiasm to live in harmony with all dimensions of his/her existence. For Total Well-being one has to give attention to dietary discipline, environmental cleanliness, mental hygiene, intellectual clarity and spiritual aspirations. Swami Bodhananda will be addressing the need for a spiritually inclusive and comprehensive lifestyle for the creation of total health and personal well-being. He will also help the participants in the practise of meditation as an effective tool to live in constant touch with spirit and enjoy mental peace. The lecture will be followed by a guided meditation session.

### **Speaker**

Swami Bodhananda Saraswati is highly respected in America and India as an accomplished teacher of Vedanta and meditation. Presently, Swami Bodhananda is the Spiritual Founder and Director of 11 organizations and ashrams under the umbrella of the Sambodh Foundation, New Delhi, India (1991); the Bodhananda Research Foundation for Management and Leadership Studies, Trivandrum, Kerala, India (1994); and, The Sambodh Society, Inc. (1997), United States of America. Each ashram is unique, tailored to the needs, interests and special capabilities of his students and colleagues engaged therein. Through these organizations, and under Swamiji's guidance, his devotees receive scriptural knowledge, spiritual training and perform social service. In India and America, Swamiji has given numerous public forums, lectures and meditation sessions in Hindu temples, Christian churches, libraries, homes, business

houses and universities. His theme has been to infuse modern society with spiritual values and the individual with the knowledge of his/her spiritual identity. For serious-minded students of Vedanta, he has offered more extensive programs, weeklong seminars and annual retreats on specific Upanishads, Bhagavad Gita, Bhramasutras and the Yogasutras. For further information see [www.sambodh.org](http://www.sambodh.org) and [www.sambodh.com](http://www.sambodh.com), email <info@sambodh.org> or call 94484.72700

### **Sampurnah**

Sampurnah is a Bangalore-based Centre for Holistic Health and Personal Growth, headed by Nilima Bhat. Believing that every person is born creative, resourceful and whole, Sampurnah enables individuals, organisations and communities to reach towards both Health & Growth. We do this through a complete range of programmes and services, based on wisdom and wellness traditions from around the world, both ancient and cutting-edge. Sampurnah is a partnership between Roots & Wings Consulting Services Pvt Ltd ([www.roots-n-wings.org](http://www.roots-n-wings.org)) and Evoma ([www.evoma.com](http://www.evoma.com))

### **Sambodh Foundation**

The Sambodh Centre for Living Values in the outskirts of Doddaballapur town, Bangalore is a project of Sambodh Foundation Bangalore. It is situated in the quiet and serene land of 8 acres in the outskirts of Bangalore. The peaceful and green environment here gives an ideal setting for the hub of Sambodh programs. Sambodh Foundation organises a variety of social and spiritual programs with focus on charity work, rural uplift, ecological and spiritual values, and holistic living. Tel: 94484.72700; Email [info@sambodh.org](mailto:info@sambodh.org) Web: [www.sambodh.org](http://www.sambodh.org) [www.sambodh.com](http://www.sambodh.com)

*This is a free public lecture.*

*Voluntary donations towards the charity events of Sambodh Foundation will be greatly appreciated.*

*For details of charity events see*

*<http://sambodh.org/September2004/sclv.htm>*