

Tualatin Public Library Presents...

Yoga & Meditation

Free!



Wednesdays
April 27, May 11, 18, & 25,
June 8, 15, 22, & 29 @ 7pm



Tualatin Public Library
Community Services Dept.
18878 SW Martinazzi Ave.
Tualatin, OR 97062
503-691-3074
www.tualatinlibrary.org



Washington County
Cooperative Library Services

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Say No to chronic pain, stress, and burdens of work-life
Say Yes to relaxation, balance, better performance, and
bliss!

Join Sam Adettiwar in the practice of Soul Meditation
& Yoga. Come and go as you like for any of the following prac-
tice segments. You do not have to attend all three.

7.00 - 7.30pm: Soul Yoga(TM) and Breathing Exercise

7.30 - 8.00pm: Soul Meditation(TM)

8.00 - 8.30pm: Noble Conversation / Question-

Answer

Adettiwar has a Masters Degree in Civil Engineering
(USA) and a Ph.D. in Yoga and Meditation Philosophy (India).

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