

**You are invited to a talk by**

**Pujya Swami**

**Dayananda Saraswati**

*of Arsha Vidya Gurukulam, Saylorsburg PA.*

on

**Overcoming Stress in Daily Life**

*- A Vedic Perspective*

**Sunday September 27th**

**Between 4:00 & 6:30pm**

at

**The Assembly Hall of The Riverside Church**

**490 Riverside Drive**

**at 122nd Street**

**New York, NY 10027**

**(212) 870-6766**

**4:00 - 4:30pm Registration**

**4:30-6:00pm Talk**

**6:00-6:30pm Q & A**

**6:30pm Refreshments**

**RSVP to [info@holinewyork.org](mailto:info@holinewyork.org)**

**Sponsored by Hindu Organization of Long Island  
(HOLI)**

[www.Holinewyork.org](http://www.Holinewyork.org)

[www.Hinduli.org](http://www.Hinduli.org)

**Event is Free. Suggested donation \$20.00**

ABOUT THE SPEAKER -

**SRI SWAMI DAYANANDA SARASWATI**



Sri Swami Dayananda Saraswati is a distinguished, traditional teacher of Vedanta. His depth of understanding and nuanced appreciation of Western culture makes him that rare teacher who can communicate the vision of non-duality to modern listeners. He is able to make one see, with immediacy, the truth of oneself as the whole.

Swami Dayananda has been teaching Vedanta in India for more than four decades, and around the world since 1976. In his public talks abroad, Swamiji has spoken at many of the most prestigious American universities, and has addressed international conventions, UNESCO and the United Nations, where he participated in the Millennium Peace Summit.

A teacher of teachers, Swami Dayananda designed and taught six resident in-depth Vedanta courses, each spanning 30 to 36 months. Four were conducted in India, and two in the United States. Each course graduated about 60 qualified acharyas, teachers, who are now teaching around the world. More than one hundred are now swamis and are highly respected as scholars and teachers throughout India and abroad.

Under Swami Dayananda's guidance, numerous centers for Vedic teaching have been founded around the world. The two main centers in India are the Arsha Vidya Ashram in Rishikesh and the Arsha Vidya Gurukulam in Coimbatore. In the U.S., the main center is the Arsha Vidya Gurukulam at Saylorsburg, Pennsylvania. At present there are at least sixty centers in India and abroad that carry on the same tradition of Vedantic teaching.

In addition to teaching, Swami Dayananda has initiated and supported various philanthropic efforts. The All India Movement (AIM) for Seva, inaugurated in November, 2000, brings medical, educational, nutritional and infrastructure assistance to villagers in the remote areas of India. This movement enjoys the blessing of all traditional Hindu spiritual leaders who have united as a single body, the Acarya Sabha, through the coordinating efforts of Swami Dayananda. In November 2001, Swami Dayananda convened the first World Congress for the Preservation of Religious Diversity in Delhi, inaugurated by the Dalai Lama and the then Prime Minister Mr.A.B.Vajpayee. An important outcome of the Congress is the formation of a Global Commission for the Preservation of Religious Diversity, spearheaded by Swami Dayananda. The Commission had its inaugural meeting in Bangkok in June, 2002. Swami Dayananda was also active in forming and participating in the Women's Global Peace Initiative, which convened at the United Nations in Geneva in October 2002.

**For more info go to [www.arshavidya.org](http://www.arshavidya.org)**

**Directions to the Riverside Church**

**DIRECTIONS BY SUBWAY**

Take the #1 or #9 IRT Broadway local to 116th Street. Walk uptown (passing Barnard College on the left) to 120th Street (Reinhold Niebuhr). Turn left and walk one block to Claremont Avenue. The entrance to the church (91 Claremont Avenue) is one half block north of 120th Street. If the IRT Broadway Express (#2 or #3 IRT) is taken uptown from midtown Manhattan, be sure to change at 96th Street for the local train.

**DIRECTIONS BY BUS**

Take the M-104, M-4 or M-5 to 120th or 122nd Street. For further information about bus and subway routes, call (718)330-1234

**DIRECTIONS BY CAR**

**HENRY HUDSON PARKWAY NORTHBOUND-** take the 95th Street Exit. Turn left (continuing north) on Riverside Drive. The Church is located at 120th Street.  
**HENRY HUDSON PARKWAY SOUTHBOUND-** take the 125th Street Exit. Drive straight to 125th Street. Turn left onto 125th Street. Take 125th Street to Broadway. (You'll see the elevated train tracks running along Broadway). Turn right onto Broadway. Go to 120th Street (Reinhold Niebuhr Place) and turn right. The Church is one block west of Broadway.  
**TRIBOROUGH BRIDGE MANHATTAN-** Take 125th Street Exit. Take 125th Street to Broadway. Turn left on Broadway, drive to 120th Street (Reinhold Niebuhr Place). Turn right. The Church is one block west of Broadway.

**PARKING**

The entrance to parking garage is on 120th Street between Riverside Drive and Claremont Avenue. Parking for this event is \$4.00, space permitting.