



Shiva-Vishnu Temple

Om Namah Shivaya Om Namo Narayanaya

Hindu Community and Cultural Center

1232 Arrowhead Ave, Livermore, CA 94551

A Non-Profit Organization since 1977

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Tel:925-449-6255; Fax:925-455-0404

Web: <http://www.livermoretemple.org>

HCCC Human Services Presents

Happy, Healthy and Peaceful Living

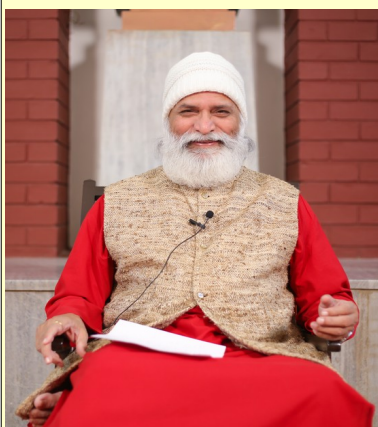
A Workshop by

Maharshi Yogaratna Dr. Samprasad Vinod

MBBS, MD, Ph.D., D.Sc.(AM)

Sunday 10-Nov-2019, 9 AM to 12:30 PM

Badrinath Event Hall, 1232 Arrowhead Ave, Livermore, CA 94551



- [Video introduction](#) by Guruji
- Proper orientation of Yoga, Yoga practice, and meditation
- How to integrate Yoga and meditation in daily living
- How to remain Happy, Peaceful and Healthy
- What is true peace & happiness
- Sound Mediation, Q & A
- [Click here to register for the program](#)

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- Questions? Contact - Event coordinators:
 - Umashankar Meda 925-321-0665 or Harshad -650-575-3638
 - or Email to: ec_human_services@livermoretemple.org
- Wear loose fitting dress. Bring your yoga mats. Chairs will be available If needed
- Hon. Dr. Samprasad Vinod belongs to a rich tradition of pure knowledge and pure spirituality. He travels internationally for sharing his precious knowledge and deep understanding of the ancient wisdom of India. We want to express our respect, gratitude and love towards the Great Master for his precious time, energy and spirit behind spreading the invaluable knowledge to all; above all for his divine presence and grace.
- **Shanti Mandir contact in India:** vinodsamprasad@gmail.com <https://shantimandir.in/> +91-20-24338120
- 40 Years of Experience in Yoga Training, Treatment and Research. Guide on Holistic Health, Well-being and Inner Transformation.
- Stress Management Guide. Honorary Adviser to many National and International Yoga Institutes.
- Author of the book "9 Secrets of Successful Meditation" and numerous other books and articles on Yoga, Health, Meditation
- Great spiritual heritage from his father Maharshi Vinod, who was the World Peace Ambassador.