



Join Yogi Amanda Satyam for 2 hours of Yoga Philosophy

Yogi Ananda Satyam holds degrees in Philosophy and Religious Studies and was a student of Gurani Anjali, the founder of Yoga Anand Ashram. He was the Spiritual Director of the Ashram. Satyam has been practicing yoga for over 31 years, and has been teaching yoga, pranyama and meditation for over 20 years. He teaches and lectures on world spiritual traditions, and Eastern philosophies.

Friday, October 23rd at 8:00 pm

\$25 fee

**Other dates he will be lecturing at Yoga For Life are:
Nov. 13th, Dec. 4th, Feb. 19th, Mar. 19th, Apr. 23rd,
May 21st, July 16th & Aug. 13th**

**Call to reserve a spot 631-941-9642
190-1 N. Belle Meade Rd, Setauket**