

Discover the theme of

SWAMI MAITREYI

AT THE VEDANTA EUROPEAN SUMMIT
FRIDAY 9 AUGUST FROM 3PM

PRACTICAL VEDANTA FROM THE
TEACHINGS OF SWAMI SIVANANDA



**Swami Maitreyi will present this theme
in a plenary session
followed by a lecture
at 4.30pm in the Adhishakti Tent**

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PRACTICAL VEDANTA FROM THE TEACHINGS OF SWAMI SIVANANDA

SWAMI SIVANANDA, FOUNDER OF THE DIVINE LIFE SOCIETY, HAS DEDICATED HIS LIFE TO SPREADING VEDANTA, A PHILOSOPHY THAT TRANSCENDS THE BOUNDARIES OF RELIGION AND CULTURE TO OFFER UNIVERSAL PRINCIPLES OF WISDOM AND SPIRITUAL REALISATION. HIS TEACHINGS EMPHASISE SIMPLICITY, SELFLESS SERVICE, MEDITATION, UNIVERSAL LOVE AND SELF-DISCIPLINE AS THE MEANS TO A SPIRITUALLY FULFILLED LIFE.

SWAMI MAITREYI IS A RESPECTED FIGURE IN THE WORLD OF VEDANTA AND YOGA. WITH A RICH AND VARIED BACKGROUND IN TEACHING AND SPIRITUAL PRACTICE, SWAMI MAITREYI BRINGS A UNIQUE AND PROFOUND PERSPECTIVE TO SWAMI SIVANANDA'S TEACHINGS. HIS WARM AND ACCESSIBLE APPROACH MAKES THE COMPLEX CONCEPTS OF VEDANTA UNDERSTANDABLE AND APPLICABLE TO OUR DAILY LIVES.

SWAMI MAITREYI (SE)



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