

●●● Free Event For All Age Groups



Bhagavad Gita For Modern Life

Dharma — Doing the
Right Thing in a
Confusing World

Parenting Without
Attachment. Love
Without Controlling

Ancient Wisdom For
Modern Burnout.
Lessons from Gita

LIVINGSTON SENIOR COMMUNITY CENTER
204 Hillside Ave, Livingston, NJ 07039 (Room T2)



5:30PM - FRIDAY, MAY 29 2026



असंशयं महाबाहो मनो दुर्निग्रहं चलम् ।
अभ्यासेन तु कौन्तेय वैराग्येण च गृह्यते ॥ 6:35 ॥

“Undoubtedly, O mighty-armed (Arjuna), the mind is restless and difficult to restrain; but by practice and detachment, it can be controlled.”

Swami Atmavidyananda
Giri is a global teacher
and Vice President of
the Kriya Yoga Institute.



Swami
Atmavidyananda Giri



Swami
Sarvatmananda

Swami Sarvatmananda
currently serves at the
Temple of Compassion
ashram in Burton, Texas.