

The Bhakti of Hanuman

a Yoga in Daily Life Special Satsang



LORD HANUMAN
Lord Hanuman

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Find out about the legend of Hanuman, the monkey-like deity of Hindu mythology, portrayed as the ideal devotee of Lord Rama, and one of the greatest examples of Bhakti Yoga -- the Yoga of Love & Devotion.

Learn and sing the *Hanuman Chalisa* -- the ancient Hymn written by sage Tulsi Das in the 16th century -- describing Hanuman's life & exploits as well as helping to remind Hanuman of his remarkable powers, knowledge, virtues, strength and bravery.

The evening will also include bhajans (devotional songs), a video of H.H. Paramhans Swami Maheshwarananda speaking about Hanuman and a short meditation.

Yoga in Daily Life ♦ 2404 Mt. Vernon Ave., Alexandria