

# PRACTICES AND LIFESTYLE CHOICES FOR IMMORTALITY



**SATURDAY  
APRIL 5  
11 AM PT**



Swami Satyamayananda and Dr. Sheila Patel will present ideas about how to approach the demands of aging from a spiritual and Ayurvedic lens.

As we approach the end of this lifetime journey, what should our attitudes, mind-set and practices be for Immortality?

*Come join us **Saturday, April 5 at 11 am**  
Pacific Time for this engaging discussion.*

San Diego Vedanta Monastery  
1440 Upas Street  
San Diego, CA 92103  
619-291-9377  
Email: [sdvedanta@gmail.com](mailto:sdvedanta@gmail.com)