



# Hanuman Chalisa



**Do you seek to cultivate courage in  
the face of life's challenges?**

**Do you wish to experience the  
transformative power of chanting  
and devotion in your daily life?**

**Do you want to cultivate the  
qualities of selflessness and  
strength embodied by Hanuman ji?**

# Hanuman Chalisa

Online



Verse-by-verse meaning of Hanuman Chalisa

Integrate chanting into daily life

Embody qualities of Hanuman ji

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5 Tuesdays, May 13 to June 10, 9 – 10 PM EST / 6-7 PM PST

Live sessions on Zoom | Recordings available afterwards

USD 100

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**[Enroll: swasth.org/hanuman](https://swasth.org/hanuman)**

Questions? Reach out at [workshops@swasth.org](mailto:workshops@swasth.org) or +91 998 783 0945