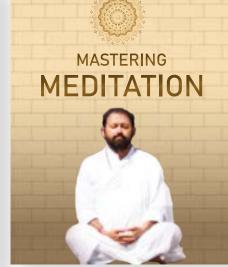


PUTWA CAURLIDO WARREN & AREP



## DAILY WORKOUT HANDBOOK





## **Spiritual Living** through Empowerment & Compassion



Shrimad Rajchandra Mission Dharampur Australia

## Realise One's True Self, Serve others Selflessly

Run entirely by volunteers, non-profit organisation, SRMD Australia offers service and bring joy to the lives of the under-privileged. It is a home for holistic and spiritual development. It produces products only as a consequence.

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