



FREE PROGRAM
Open to All in any
stable health
condition

GENTLE, RELAXING YOGA TO REJUVENATE YOU with Dr. Rajan Narayanan
Practiced sitting on a chair (or mat) Inclusive of Tantra and Hatha Yoga Styles

Guided Meditation
Brings calmness and
stillness

Mantra based exercises
Opens energy channels to
heal the body and mind and
to develop inner awareness

Pranayama & Kriya -
Deep breathing exercises
for mind-body balance &
Easy stretching exercises for
spine to de-stress

Session 1 HATHA YOGA : 7 am to 8:30 am EST [Click here](#) to Register.
Weekend sessions extend longer to 9 am

Session 2 TANTRA PRANAKRIYA : 5:30 pm to 7:00 pm EST [Click here](#)
to Register -- chair OK.

Sundays include philosophical discussion from 7 pm to 7:30 pm.
Daily 5:20 pm to 5:30 pm is Q/A time.

PROGRAM MANAGER and Contacts for further information:

- Avani Presswala - sitaarap@netscape.net

Yoga teachers include Dr. Rajan Narayanan, Dr. Ratna Nandakumar,
Sapna Ramchander, Dr. Manjusha Coonjan, Avani Presswala

We are a charitable non-profit organization. Generous donations from our patrons helps us
support those who lack the financial means to access the benefits of yoga.

Program
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