

DONOR SUPPORTED

Life in Yoga Daily Online Yoga

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

Weekdays: 60 mins followed by 30 mins Q/A - Discussions

Weekends: 90 minutes - no discussions

Session 1: 5:30 pm EDT [Click here](#) to Register

Session 2: 8:30 pm EDT (5:30 pm PDT) [Click here](#) to Register

Donors support:

- Two daily sessions
- Development of research and knowledge that gets shared in the daily sessions
- Periodic seminars and discussion forums for knowledge dissemination
- Expansion of therapy services in more locations.

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.

FREE PROGRAM
Open to All in any
stable health
condition

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