



Life In Yoga

BE IN THE MOMENT, WHERE LIFE EXISTS

Lifeinyoga.org

MD-VA-DC Get Together

To RSVP Click here

Saturday, Sep 23, 3:30-6:30 pm 2023

Venue: 18100 New Hampshire Avenue, Ashton, MD 20861



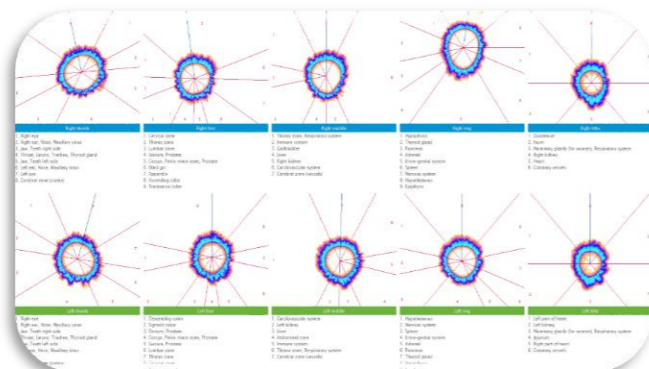
Join us for tea and snacks to meet in person.

Since COVID hit in 2020, we have not had a gathering in-person. This is an opportunity to meet real faces and exchange our thoughts.

Learn about our latest research and developments. We will end with a chair-yoga routine with meditation.

RSVP Requested to Plan Numbers: <http://evite.me/u9yjsrBEuA>

Our Research



Our New Book



Yoga Concepts
for
Global Application

A Primer for Beginners and Instructors
A textbook for those seeking deeper understanding of Yoga



For the Council for Yoga Accreditation International by:
C. Rajan Narayanan
Stephen Parker
Sanjeev Krishna
Idriss Raoua Ouedraogo
Ratna Nandakumar