

DAILY ONLINE CLASSES

NEW BATCH FOR THE NEW YEAR

FREE PROGRAM Open to All in any stable health condition

Mantra based
Exercises



Guided
Meditation



Pranayam &
Kriya



New Program Beginning

To accommodate the needs of newcomers we have created a hybrid system that allows newcomers to be integrated with our daily practitioners.

There are five sessions at **5:30 PM (EST)** on weekends where our regular practices are explained in detail for newcomers.

Jan 1, 2024 Monday – Introduction to Chakra Vibration for Mental Harmony.

Jan 6, 2024 Saturday – Introduction to Spinal Alignment and its impact on Vitality.

Jan 7, 2024 Sunday – Empowering Vitality with Pranayama

Feb 3, 2024 Saturday – Importance of Meditation in Daily Life

Feb 4, 2024 Sunday – Introduction to Practice of Meditation

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



**Choose your class but make sure you attend
the five sessions above if you are a
newcomer**

HATHA YOGA – 7:00 AM TO 8:30 AM EST



TANTRA PRANAKRIYA – 5:30 PM TO 7:00 PM EST

Program Manager and Contact for further information:
Avni Presswala (sitaarap@netscape.net)

Take care of your body's health by attending
our courses; real yoga is how we live a
healthy and balanced life.

Dr. Rajan Narayanan



Life In Yoga

BE IN THE MOMENT. WHERE LIFE EXISTS