

**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

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.

**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](mailto:sitaarap@netscape.net)

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

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