



Yoga Bharati

www.yogabharati.org



Sri N.V. Raghuram's programs in SFO bay area: December 2008

Pranayama and Meditation

Date/Time: Dec 2nd to Dec 6th 2008 - 7:00 to 8:30 AM
Venue: Sunnyvale Hindu Temple Auditorium
450, Persian Dr, Sunnyvale, CA
Contact: Ashwini Surpur ashwini.surpur@gmail.com
Sharat Joshi joshi.sharat@gmail.com
Fees: \$50

Organized by:
Yoga Bharati



Workshop: Om Meditation

Date/Time: Sunday, December 7th, 10 AM to 12 noon.
Venue: India Community Center,
525 Los Coches St. Milpitas, CA 95035
Contact: Gopi Godhwani gopi@indiacc.org
Sharat Joshi joshi.sharat@gmail.com
Fees: \$10 (Lunch Included)

Organized by:
India Community Center



www.IndiaCC.org

Yoga and stress Management

Date/Time: Friday, December 5th @ 6 PM.
Venue: HotBox Yoga (Hayward Yoga)
22433 Foothill Blvd. Hayward, CA 94541
Contact: Prakash Hegde yogasophy@gmail.com
Fees: \$20

Organized by:
Yogasophy



yogasophy.com

Bhakti Yoga

Date/Time: Sunday, December 7th - 4 to 6 PM.
Venue: Nandi Yoga
309 8th ave, San Mateo, CA 94401
(Between B street and Railroad Ave)
Contact: Prakash Hegde yogasophy@gmail.com
Fees: \$25

Radio Talk: Happiness Analysis

Listen to Sri N.V. Raghuram on KZSU Stanford 90.1 FM radio

Date/Time: Wednesday, Dec 10th 2008 - 7:30 to 8:30 AM
Itsdiff radio show (Stanford Radio) – KZSU Stanford 90.1 FM
Talk show is hosted by Sri itsdiff@gmail.com
To listen live via internet, visit www.itsdiff.com.

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KZSU Stanford 90.1 FM radio
www.itsdiff.com

Personal Counselling

By Appointment only

Dates: Dec 2nd to Dec 11th

Contact: Ashwini Surpur (408-483-9245) ashwini.surpur@gmail.com

Sri N.V. Raghuram is the international coordinator of Swami Vivekananda Yoga Research Foundation (www.svyasa.org), Bangalore INDIA. Sri Raghuram has trained under some of the most renowned exponents of yoga in India and has been practicing yoga for more than 20 years. He has presented workshops and papers in several international conferences around the world. He has been instrumental in starting yoga therapy programs in many hospitals and medical research centers in US and Europe. He also trains certified yoga instructors and guides Ph.D. students in their intensive research on yoga. For details regarding his profile and his thoughts, please visit: <http://www.nvraghuram.org>