

Yoga Bharati



Pranayama and Meditation (Stress Management) Workshop

by **Yogashree N. V. Raghuram**
June 2009



***Meditation** is becoming recognized as an important tool for health and success. It improves mental concentration, stimulates creativity, relaxes physical tensions and emotional stress, and makes us more aware of our possibilities and potentials.*

Join us for such an experience in a five-day course that offers you everything you need to know about meditation and gives you a daily routine that you can follow at home.

Following are the few techniques taught and practiced in these 5 days,

- **SMET** (Self Management of Excessive Tension) for Annamaya Kosha or Physical Sheath
- **PET** (Pranic Energizing Technique) for Pranamaya Kosha or Vital Sheath
- **MSRT** (Mind Sound Resonance Technique) for Manomaya Kosha or Mental Sheath

Date: **June 15th (Monday) - June 19th (Friday)**
Time: 7:30 am - 8:45 am
Venue: India Community Center (ICC) Milpitas
Fees: \$50

Date: **June 22nd (Monday) - June 26th (Friday)**
Time: 7:30 am - 8:45 am
Venue: Sunnyvale Hindu Temple, Sunnyvale, CA,
Fees: \$50

Personal Consultation

Sri. N.V Raghuram has immense experience in Yogic counseling for those who want personal attention to their questions or concerns at physical, mental, or spiritual level. Please contact us for private time with Sri N.V. Raghuram. Suggested donation is \$50 per session. **By Appointment only (weekdays only, 10 am to 12 noon and 4 to 6 pm)**

Contacts **Savita Joshi (408) 247-3565 / Geetha Rayanker (408) 685-2251**
Or email yogabharati@gmail.com

Shri N.V.Raghuram is the international coordinator of Swami Vivekananda Yoga Research Foundation (www.svyasa.org), Bangalore INDIA. Shri. Raghuram is a honorary of **Yogashree** award in 2007, special award of excellence in Yoga. He has trained under some of the most renowned exponents of yoga in India and has been instrumental in starting yoga therapy programs in many hospitals and medical research centers in US and Europe. For details regarding his profile and his thoughts, please visit: <http://www.nvraghuram.blogspot.com/>

Yoga Bharati is a Non profit **Voluntary** Organization with chapters all over the world. Our goal is to bring Yoga in its purest form. Yoga Bharati aims to spreading health (at physical level), happiness (at mental level), knowledge (at intellectual level), peace (at spiritual level) in everyday life. For more information, please visit, Yoga Bharati - <http://www.yogabharati.org>

For Volunteering opportunities please contact info@yogabharati.org