

Yoga Bharati



Detroit Chapter

www.yogabharati.org/detroit

Detroit@yogabharati.org

Yoga Bharati is pleased to offer programs open to everyone in March /April 2007
(All programs are free unless otherwise listed)

Aum Meditation: Thursday 22nd, 2007 (6:30 – 8:30 PM)

Location: Farmington (Downtown) Library, 23500 Liberty Street, Farmington, MI

Meditation is the only technique which can help us to go beyond mind consciously where we can experience the happiness as our true nature. In the Yoga tradition, Om is the supreme mantra, the most complete word. Learn how to use the symbol called Aum (or Om) in the process of consciously dissolving the mind, in meditation. Join us for this unique opportunity as our guru, Mr. N.V. Raghuram, guides you in reducing stress and anger and finding the inner peace that we are constantly searching for. Please bring a Yoga mat.

Instructor: N.V. Raghuram

Yoga Foundation/Instructor Course Inauguration: March 23rd, 2007 (6:30 – 8:30 PM)

Location: Village Oaks Clubhouse, 22859 Brook forest, Novi, MI

This is the inauguration (Orientation) for the Yoga Bharati conducted Yoga Foundation and Yoga Instructor Course. If you have wondered what these courses are about, or would like to enroll in them, have already enrolled in the course, been a past YIC student or would simply like to meet Mr. Raghuram and the Yoga Bharati volunteers, then do not miss this opportunity. There will be a brief introduction to the course, some feedback from former students and a question/answer session with Mr. Raghuram. Dinner will be served.

RSVP is required.

Yoga Foundation/Instructor Course: March 23rd - April 7th 2007

Location: Village Oaks Clubhouse, 22859 Brook forest, Novi, MI

For registration and other details, please check our website or email us.

Instructor: N. V. Raghuram

Essence of Meditation and Pranayama: March 29th, 2007 (7 – 9 PM)

Location: Hindu Temple, 44955 Cherry Hill Road, Canton, MI

Enjoy a discussion on the Essence of Meditation, Practices & Pranayama.

Limited Seating. For tickets, please call Sundar Narayanan @ 269-267-4918 /Suresh Shah @ 734-945-2755 /Anand Pappuri @ 734-395-6952

Instructor: N.V. Raghuram

Fee: \$ 5 Donation to the temple

Yoga for Positive Health: April 3rd, 2007 (7:30 – 9:00 PM)

Location: Bharatiya Temple, 6850 Adams Road, Troy, MI

Asanas (or Yogic postures) are a very small component of Yoga. Yoga improves all the five states of our being with asanas (yogic postures) for our physical body, pranayama (breathing practices) for our breath, meditation for our mind, Jnana-yoga (the path of knowledge) for our intellect and Bhakthi-yoga (the path of devotion) for our soul. Learn more about the positive benefits of Yoga from our beloved guru, N.V. Raghuram. **Please bring a Yoga mat.**

Instructor: N.V. Raghuram

Yoga for Positive Health: April 5th, 2007 (6:30 – 8:30 PM)

Location: Farmington Hills Library, 32737 West 12 Mile Rd, Farmington Hills, MI

Asanas (or Yogic postures) are a very small component of Yoga. Yoga improves all the five states of our being with asanas (yogic postures) for our physical body, pranayama (breathing practices) for our breath, meditation for our mind, Jnana-yoga (the path of knowledge) for our intellect and Bhakthi-yoga (the path of devotion) for our soul. Learn more about the positive benefits of Yoga from our beloved guru, N.V. Raghuram. **Please bring a Yoga mat.**

Instructor: N.V. Raghuram

Cyclic Meditation: Sunday, April 15th, 2007 (2:00 PM – 4:00 PM)

Location: Bharatiya Temple, 6850 Adams Road, Troy, MI

Based on the principle of stimulation - relaxation combined, enunciated in Mandukya Upanishad and developed by Vivekananda Yoga Research Foundation (VYASA), INDIA. Cyclic Meditation is a combination of gentle stretches and guided relaxation techniques. It is called cyclic, as the techniques take the practitioner through alternating cycles of asanas and guided relaxation in Shavasana. Its benefits include stress management and complete relaxation of the mind and body. Please bring a Yoga mat.

Instructor: Vasu Mahesh

Fee: \$ 5 Donation to the temple

Our Instructors

Mr. N.V. Raghuram is the co-founder, international coordinator and Yoga trainer at Vivekananda Yoga Anusandhana Samsthana (Research Foundation) or VYASA in short, Bangalore, INDIA. His interest in spiritual learning and in the philosophy of yoga and allied subjects started during his teen age. Association with VYASA gives him the opportunity to travel extensively around the globe to spread his message on yoga philosophy. We are fortunate to be able to host him for the fourth year in a row in Detroit.

Ms. Vasundhara Mahesh is a well-trained yoga therapist/researcher, trained under the guidance of Dr. Nagendra and Mr. Raghuram from VYASA, Bangalore. She has Masters in Yogic Sciences, and more than seven years of experience in Integrated Approach of Yoga Therapy (IAYT) and is trained in treating various ailments such as arthritis, asthma, hypertension, diabetes and back pain. She is an expert in teaching basic as well as advanced yoga therapy techniques Pranic Energisation Technique (PET), Mind Sound Resonance Technique (MSRT), and Cyclic Meditation.

Yoga Bharati

Yoga Bharati welcomes you to discover the treasures of yoga. Yoga Bharati is a non-profit, voluntary organization dedicated to spreading **health** (physical), **happiness** (mental), **knowledge** (intellectual), and **peace** (spiritual) among the members of the community.

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