

# Yoga Bharati



**Detroit Chapter**

[www.yogabharati.org/detroit](http://www.yogabharati.org/detroit)

## Yoga Bharati is pleased to offer a free workshop on **Stress Reduction through Cyclic Meditation**

**Date:** Saturday, July 28th, 2007

**Time:** 3:00 PM – 5:00 PM

**Location:** Canton Public Library, 1200 S. Canton Center Rd, Canton, MI

**Instructors:** Mrs. Vasundhara Mahesh, Mr. L.N. Sastry

**Donations:** are welcome.

### Cyclic Meditation

Based on the principle of stimulation - relaxation combined, as 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. Its benefits include stress management and complete relaxation of the mind and body.

### Our Instructors

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

**L.N. Sastry** is a certified Yoga Instructor who has been teaching yoga for over 5 years.

### 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. We conduct a number of yoga related workshops, lectures and demonstrations to benefit the general public. The Yoga techniques used in our program have been developed by our parent organization VYASA - Vivekananda Yoga Anusandhana Samsthana . VYASA has over 20 years of research experience in Yoga and is a deemed University by Government of India in the field of Yoga and Science. With its unique position as a leading Yoga Research Organization in the World, VYASA has been given the mandate by leading Government bodies to conduct various research projects

### Information & Registration:

Class size is limited, so please call or email at your earliest to register.

**Email:** [detroit@yogabharati.org](mailto:detroit@yogabharati.org) **Yoga Bharati:** [www.yogabharati.org/detroit](http://www.yogabharati.org/detroit)

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