

# Yoga Bharati



## Detroit Chapter

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

**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.

## Yoga for Positive Health - Workshop for Adults

<b>Date:</b>	July 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> and August 5 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup>
<b>Time:</b>	9:30 am – 10:30 am
<b>Location:</b>	William Costick Center, 8600 11 Mile Rd. Farmington Hills, MI
<b>Instructors:</b>	Yogabharati Certified Instructors.
<b>Cost:</b>	\$30/person. <i>Walk-ins are welcome.</i>

Asanas (or Yogic postures) are a very small component of Yoga. Yoga improves all the states of our being with asanas (yogic postures) for our physical body, pranayama (breathing practices) for our breath, and meditation for our mind.

In this session, you will learn holistic yoga,

- to prevent stress related health problems.
- to reduce stress and anxiety.
- to promote positive health.
- to bring harmony and peace within oneself.

Please bring a Yoga mat/blanket/beach towel.

### 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)

**Phone:** 248-788-0858  
248-478-1467

**Payment for the session must be made in full before the start of the first class.**