



Yoga Bharati

(SF Bay Area Chapter)
<http://www.yogabharati.org>



Yoga workshops and Talks by Sri N.V. Raghuram

An extensive knowledge for Spiritual Seekers by the enlightening master. Once a year opportunity to listen to Guruji in person and feel his presence.

Visit <http://www.nvraghuram.org>

Read articles at <http://nvraghuram.blogspot.com>

1. Pranic Energization Technique (PET) - 2 days Workshop

June 5th and 6th 2006 (Monday and Tuesday) - 7:00 - 8:30 AM (Morning)

Suggested donation: \$20.00 for 2 days

2. Mind Sound Resonance Technique (MSRT) - 2 days Workshop

June 8th and 9th, 2006 (Thursday and Friday) - 7:00 - 8:30 AM (Morning)

Suggested donation: \$20.00 for 2 days

3. Yoga and Psychology – Talk **FREE**

June 12th, 2006 (Monday) - 7:00 - 8:30 PM (Evening)

4. Paths of Yoga (30+ hours) - Detailed YOGA Course

- Streams of Yoga: **Raja Yoga**, **Bhakti Yoga**, **Jnana Yoga**, **Karma Yoga**
- Holistic understanding of Yoga/Pranayama
- **Meditation** and Stress Management

June 3rd and 4th, June 10th and 11th (2 weekends) - 9:00 AM to 5:00 PM

Course Fee: \$300.00 for 4 days

Sanatan Dharma Kendra

897 Kifer Road
Sunnyvale, CA 94086

(Wolfe & Kifer Intersection)

Listen to Sri N.V. Raghuram radio interview – Yoga for positive health KZSU Stanford Radio 90.1 FM

June 7th, 2006 (Wednesday) - Morning 7:30 - 8:30 AM (Morning)

To listen live - <http://kzsulive.stanford.edu/>

Click on MP3 streams and then pick KZSU-1... and any of the stereo....24 bit/48 bit etc.

Private Yogic Consultations - **\$50.00** for each 45 minute time slot

June 5th to 9th and 12th - 10 to Noon and 2 to 6 pm

Appointments must be scheduled in advance. Students will get discount.

For information and to make appointments for Course/Consultations please contact

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