

# Yoga Bharati

(SF Bay Area Chapter)

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

## Half day Yoga Workshop in Pleasanton

Yoga Bharati is conducting yoga for stress management. Featuring relaxation techniques, meditation, pranayama and asanas. Admission is FREE. But capacity is limited, so please RSVP.

# Yoga For Stress Management

### The course is intended to

1. Explain how asanas / yoga practice is done
2. Understand the benefits and the contra-indications
3. Explain how Yoga is helpful in stress management

### What you need to do:

Come to the Pleasanton library with Yoga mat (or a blanket ) and come with an empty stomach or light breakfast.

**Registration:** [rsvp@yogabharati.org](mailto:rsvp@yogabharati.org) (RSVP is absolutely necessary)

**Place:** Pleasanton Library  
400 Old Bernal Avenue  
Pleasanton, CA 94566

**Date:** Sunday, 24th August 2002

**Time:** 10:00 AM - 1:00 PM

**Admission:** FREE (Donations accepted)



**FOR MORE INFORMATION:**

Navin Rao [raonavin@hotmail.com](mailto:raonavin@hotmail.com)

925-846-7036

**Please visit:** [www.yogabharati.org](http://www.yogabharati.org)

[info@yogabharati.org](mailto:info@yogabharati.org)

408-244-9119

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