

Yoga Bharati

(SF Bay Area Chapter)

www.yogabharati.org

Our Mission

Yoga Bharati is a non-profit organization, spearheaded by IDRF. Yoga Bharati is an effort to illuminate the masses, with the integrated approach to Yoga. We act as a platform for various Yoga organizations to present their expertise, research, various methodologies. Yoga is profound science presented to us by ancient Indian sages through innumerable texts on Vedas, Upanishads, Yoga Vasistha, Yoga Sutra, Ayurveda, Bhagavad Gita etc.,

What is Yoga?

Yoga is a great way to keep physically fit. Not only at the physical level of existence, Yoga helps us gain mastery over breath, mind and intellect, thus raising our consciousness to highest levels. Yoga makes us ever alert and blissful.

Activities

Keeping this in mind, Yoga Bharati conducts everyday **FREE** yogasana classes, pranayama sessions, meditation courses and gnana-yagnas (spiritual discourses). Spiritual lectures deepen our perspective and understanding of vast and rich world of Yoga. We also conduct weekend residential camps and yoga workshops.

Topics covered are - Bhagavad Gita, Sanatana Dharma, Looking at life differently, Be happy, Raja Yoga, Stress Relief, Patanjali Yoga Sutras, Yoga in Vedanta, Yoga in Veda, Bhakti Yoga, Ayurveda, Samskritam, Sound resonance techniques etc.,

We have been blessed by gurus like N.V.Raghuram, Swami Bodhananda Saraswati, Vamadeva Shastri (Dr. David Frawley), Swami Anubhavananda, Swami Sukhabodhananda, Pratchi Mathur, Prasad Kaipa, Vasuvaj with their presence. Details of organizations behind their effort are on our website. All the funds collected during our programs go towards supporting Research in Yoga and allied Sciences.

Chapters

Yoga Bharati has dedicated chapters in Northern California(San Francisco Bay area), Seattle and Detroit. In Chicago, Houston, LA and Boston Yoga Bharati is working with various Yoga interest groups to promote the message of Yoga.

Contact Us

Please visit www.yogabharati.org, email us at info@yogabharati.org OR call 408-244-9119

Subscribe to our monthly program notification alias - send email to subscribe@yogabharati.org