

Yoga Bharati

(SF Bay Area Chapter)

www.yogabharati.org

INDIA DEVELOPMENT & RELIEF FUND (IDRF)

Yoga Workshops and Weekend Residential Camp

Apart from Yogasanas, Pranayam and Meditation, events include: Stress management through Yogic methods, in relevance to today's life - understanding messages of Vedanta, Upanishads, Bhagavad Gita, Vedanta in Business, Living in Balance with Ayurveda, Concept of Love and more ...



Sri N.V. Raghuram

International Coordinator

Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) Bangabre, INDIA

YOGA WORKSHOPS (Fee:\$35.00):

Place: Fremont Hindu Temple
Date & Time: 8:00 - 4:00PM March 16th
8:00 - 12:00PM March 17th

Place: San Ramon Community Center
Date: March 18, 19, 20th
Time: 7:30 - 9:00 PM

Place: Sunnyvale Murphy park March 25th

Place: Sunnyvale Fair Oaks Park March 26th

Time: 7:00 - 9:00 PM

YOGASANA INSTRUCTIONAL COURSE:

Place: Sunnyvale Hindu Temple
Date: March 21, 22, 25, 26, 27th
Time: 7:00 - 8:30 AM
Fee: \$25.00

YOGA WEEKEND RESIDENTIAL CAMP:

Place: YMCA Camp Jones Gulch, La Honda
Date & Time: March 22nd 7:00PM - 24th 1:00PM
Fee: \$100.00 (Adults), \$60.00 (Age 6-12)
FREE for kids under 5 years

PACKAGE FEE: \$150.00

All the programs included

FOR MORE INFORMATION:

Jagadeesh Maiya jmaiya@yahoo.com 408-733-4657
Sampath Krishnabhat sam__k@yahoo.com 408-244-9119
Sathyanarayana s_p_kumar@hotmail.com 408-738-5694
Nagaraj Patil patil_nagaraj@yahoo.com 510-797-5601
Parimala Murthy pvvmurthy@yahoo.com 925-830-8377

Please visit: www.yogabharati.org

Registration: yoga_rsvp@yahoo.com (RSVP is absolutely necessary to enroll)

PS: You will be notified as we finalize the dates for more lectures on varied subjects